EAT well. GET fit.

LIVE WELL
Struggling with physical activity, healthy eating and weight changes after breast cancer treatments?

GET empowered and educated about changes you can introduce to improve your health.

LOCATION
Breast Health Centre
100 - 400 Taché Ave.
Winnipeg, MB

TIME
6:30 pm - 9:00 pm

COST
FREE

COMMITMENT
8 weekly sessions
Thursdays

NEXT GROUP STARTS JAN 9, 2020

For information and registration call Beth: 204-235-3646.