



Eat Well Get Fit

LIVE WELL

Free group for those wanting to improve their lifestyle after breast cancer treatment (chemotherapy and radiation) has ended.

This group is also a great start for those wanting to improve their weight.

NEXT
GROUP
STARTS
APRIL '09

Eat Well, Get Fit & Live Well

LOCATION - WRHA Breast Health Centre
100-400 Taché Ave. (main floor), Winnipeg, MB

TIME - 6:30 pm – 8:30 pm

COMMITMENT - 6 weekly sessions

WHAT YOU WILL LEARN:

- Healthy eating after breast cancer
- A beginner fitness program designed for breast cancer survivors that can be done at home
- What your road blocks are to a healthy lifestyle and ways to get through them

AstraZeneca 

Breast Health Centre Centre de santé du sein

FOR INFORMATION AND
REGISTRATION CALL BETH
235-3646



Winnipeg Regional Health Authority Office régional de la santé de Winnipeg
Caring for Health À l'écoute de notre santé