

Fresh Start

... a lifestyle balance program.

Fresh Start is a lifestyle program that will help you:

- Control your blood sugar and/or blood pressure and blood fat
- Achieve/maintain a healthy body weight
- Reduce the risk of diabetes, heart disease or cancer
- Better manage existing health conditions such as diabetes or heart disease

Learn how to:

- Have healthier eating habits
- Be more physically active
- Manage daily stress
- Keep motivated
- Make things work for you and not against you!



The program is **FREE** and includes participant manual, weekly incentives and a team of people to support you!

Do not miss the chance for a ... *Fresh Start!*

NEW PROGRAM STARTING IN SEPTEMBER 2019!

Want to learn more?

Visit www.timiskaminghu.com, call the Timiskaming Health Unit at 1-866-747-4305, Ext.2242 or email at halls@timiskaminghu.com.

Program brought to you by:

Timiskaming Health Unit, Canadian Mental Health Association, Timiskaming Diabetes Program, Temiskaming Hospital, Kirkland and District Hospital, Kirkland & District Family Health Team, Englehart & District Family Health Team, Great Northern Family Health Team, Haileybury Family Health Team, Temagami Family Health Team, Town of Kirkland Lake