

# Fresh Start

... a lifestyle balance program.

## Mark Your Calendar!

You are invited to find out more about an adult lifestyle balance, Fresh Start program being offered again this fall while eating a yummy (free) **breakfast!**

**When:** Tuesday, August 21

8:00—8:30 a.m. (breakfast, program presentation)

8:30—9:00 a.m. (questions, networking)

**Where:** Timiskaming Health Unit, Kirkland Lake

**Why:** This program is now entering a recruitment phase that could help your clients.

**What:** *Fresh Start* is a behavior change program offered locally through community partnerships for a second time in the fall of 2018. Over 6 months, weekly hour-long sessions are delivered by healthcare professionals in a group setting. It focuses on promoting a healthier lifestyle on 3 major components: healthy eating, physical activity and stress management.

**RSVP:** by Wednesday, August 15, 2018 to [halls@timiskaminghu.com](mailto:halls@timiskaminghu.com)

Program results from 2017-2018

<http://www.timiskaminghu.com/435/Fresh-Start>

