

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: **Wednesday, August 22**

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

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

Where: Timiskaming Health Unit, New Liskeard

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

Program results from 2017-2018

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

