

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 changes so things work for you and not against you!



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

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

Learn more:

Visit www.timiskaminghu.com or call Timiskaming Health Unit
Register at 1-866-747-4305 or halls@timiskaminghu.com
Attend information session: **Tuesday, September 11, 4–6 p.m.** at
Timiskaming Health Unit offices, New Liskeard and Kirkland Lake