

FREE!



First Steps to Prevention Healthy Living Program

www.vch.ca/healthylivingprogramvancouver

Mondays, September 9, 16 & 23, 2019

Time: 5-7 p.m.

Who would benefit?

Adults and families with the following:

- High cholesterol
- Pre-diabetes or diabetes
- History of gestational diabetes
- High blood pressure
- Physical inactive
- Overweight

Learn about:

Healthy eating, physical activity, overall wellness

Facilitators:

Joyce is a Community Dietitian with the Healthy Living Program at Vancouver Coastal Health. She has been a dietitian for 15 years. She is passionate about instilling the joy of eating healthy, yummy foods in people at all stages of life.

Queenie is a Chronic Disease Prevention and Management Nurse with the Healthy Living Program at Vancouver Coastal Health. She has been a healthcare professional for many years and is fluent in English and Chinese.

Eat Healthy

Be Active

Live Well

**Mount Pleasant
Neighbourhood House**
800 East Broadway, Vancouver
Unceded Coast Salish Territory

www.mpnh.org

Spaces are limited. Please RSVP to reserve your spot.
Snacks served. Limited childcare spaces. Please inquire.

For more information and registration,
please contact Carmen:

ccontreras@mpnh.org | 604.879.8208 ext 202



**Mount Pleasant
Neighbourhood House**