

# Home for Good Make a Change For Better Health & Wellness



- WHAT:**
- Receive support as you identify and work towards your personal health and wellness goals
  - Learn about making healthy food choices and ways to include regular physical activity into your life
  - Learn strategies to help you put your plan in place and follow it for life

**WHEN:** Thursdays from 2 – 4pm starting October 31st until December 5

**WHERE:** Amenity Room at 490 Sidney Street, Belleville at Home for Good

Open to residents of Home for Good

For more information or to register, please call **613-962-0000** and press “0” for Reception.



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Health & Wellness