



# 4 *the* Health OF IT

A program to help you  
live a healthy life.



## ARE YOU AT RISK FOR DEVELOPING A CHRONIC HEALTH CONDITION?

Discover the value of healthy eating, develop physical activity skills,  
and learn to cope with stress through hands-on, interactive learning.

## Spring sessions starting soon!

### **Wolfville**

*Eastern Kings Memorial Health Centre*

May 11 – June 15

Thursdays from 9am-11:30am

### **Berwick**

*Berwick and District School*

May 11 – June 15

Thursdays from 4:30pm-7pm

### **Middleton**

*Emmanuel Church*

April 20 – May 25

Thursdays from 6pm-8:30pm

### **Annapolis**

*St. Luke's Anglican Church*

March 21 – April 25

Tuesdays from 1pm-3:30pm

4 the Health of It is a FREE, six-week program led by healthcare professionals that can provide you with the information and support you need to improve your health and avoid chronic illness.



For more information  
about this **FREE** six-  
week program contact:  
Kady Myers at  
902-538-1315

