



In 4 weeks, you will learn:

- ✓ Topics on healthy eating and active living
- ✓ Introduction to different active exercises (Yoga, aerobics etc)
- ✓ Learn about Canada`s Food Guide and Food Budgeting
- ✓ Disease prevention
- ✓ Budget and making simple nutritious recipes

After the class you will:

- ✓ Receive a program completion **certificate**
- ✓ Receive Healthy Eating and Active Living toolkits
- ✓ Build a network of buddy system
- ✓ Obtain increased knowledge of health and body.

FREE PROGRAM FOR
 NEWCOMERS*

For Registration, Please contact:

- **Lakshmi Rajan @ 416-292-6912 (EXT 321)**

Email: rlakshmi@agincourtcommunityservices.com

OR

- **Melissa Lai: wecareparentsgroup@gmail.com**

Wechat ID: community-connection

Language: English and Mandarin interpretation is available.

We provide yoga mat but feel free to bring your own.

Location:
 Chester Le Community Corner,
 201, Chester Le Blvd,
 M1W2K7

Program Dates
Thursdays,
March 2nd, 9th, 23rd and 30th,
2017

Time
10:00am to 12:00pm

Program Overview



	Week 1	Week 2	Week 3	Week 4
Overview of H.E.A.L.	*			
Stretching & Breathing Exercises	*			
Making Short-Term H.E.A.L. Goals	*	*	*	*
Canada's Food Guide		*	*	
Understanding Serving Sizes			*	
Label Reading		*		
Physical Activity Guidelines		*		
Monitor Exercise intensity	*			
Different quality of Fat in Diet		*		
Menu Planning & Food Budgeting			*	
Digestive System				
Group Fitness Exercises	*	*	*	*
Create your own exercise		*		
Disease Prevention	*			*
Body Weight & Body Image				*
Sharing Culture Food				*

