

# FOOD FOR LIFE & MORE!

**Are you struggling with holiday or  
COVID weight gain?**

**Join us for weekly group meetings that will help you reach the healthiest weight 'for you' by practicing hunger prevention and living a healthy lifestyle!**

***"Your best weight is the weight you reach when you're living the healthiest lifestyle you can realistically and honestly enjoy." ~ Dr. Yoni Freedhoff***

**DATE:** Wednesdays starting January 5th, 2022

**TIME:** 6 pm to 6:45 pm.

**LOCATION:** Holy Trinity Church Hall  
2 Hammond River Rd., Quispamsis

**To register** or for more information about fees call Cleo Cyr Parish Nurse at 506-647-8170 or email at [cleocyr1@gmail.com](mailto:cleocyr1@gmail.com)

**COVID PRECAUTIONS:**

- Must show proof of 2 dose vaccination
- Wear a face mask at all times and practice social distancing
- Sign-in and sanitize hands on entry to each meeting