

Pillars of Weight Management

6 WEEK FREE PROGRAM

Fridays
February 7 - March 14, 2025
10:00am - 12:00pm



A weight education journey that empowers you to take control of your health through a holistic approach, cultivating sustainable habits and building social connections.

Focus/Pillars of Weight Management Program

- Chronic illness management (Type 2 diabetes, Pre-diabetes)
- Exercise sessions
- Personalized wellness goals
- Stress management
- Nutrition Coaching - Healthy eating, Meal planning
- Nutrition label reading

Take advantage of Free Individualized Nutrition Coaching.

For individuals with type 2 diabetes or pre-diabetes.

Pre-registration:

Call 416-787-1661 ext. 3303 or email info.dep@unisonhcs.org or scan QR code

Location:

Unison Health BF Hub - Community Rm 1
540 Finch Avenue West
Toronto, ON M2R 1N7

