



Scarborough Academic

Family Health Team

# *Healthy You*

## *Weight Management Program*

*Want to learn about healthy eating,  
food label reading, meal planning and active living?*

### **Session Information:**

- **Class 1**

- Program Introduction, Weight Loss Expectations, Consent Form

- **Class 2**

- Fad Diets, Healthy Eating, Carbohydrates, Fat and Protein

- **Class 3**

- Meal Planning, Supermarket Set-up, Nutrition Labeling
- Supermarket Tour



**September 11, 17, and 23**

**6:00pm – 8:00pm**

Sept 11th and 23rd-Victoria Village Library  
184 Sloane Avenue, Toronto, ON

Sept 17 - Scarborough Loblaw Superstore  
1755 Brimley Rd at Progress Ave.

**To REGISTER please  
ask your doctor  
or health team.  
Call 416-690-5180**