

SMALL CHANGES

I can
accomplish
anything



WORKSHOP



REGISTRATION BEGINS

One year program, to educate people in one's own wellbeing by developing weight loss strategies that will improve health, increase nutritional awareness, and to encourage the importance of exercise by making it a part of one's daily lifestyle. Extracting principles from incredible success stories shared by guest speakers.

When: Tuesday May 1st 2018

ENDS-Tuesday June 4th 2019 with a Fashion Show

WHERE: Trinity United Church 3,555 5th Avenue
(Corner of Union Street) Back Door, office Entrance

Time: 3:00-4:30pm **COST \$15/- For T-Shirt**

For more info contact: activities@aimhi.ca Phone 250-564-6408 ex 311

You don't have to see the whole staircase; just take the first step-

Martin Luther King Jr.