

*Northumberland*

**Family Health Team**

Northumberland Mall, Unit 10

1111 Elgin Street West

Cobourg ON K9A 5H7

# A Healthier You



A 6 week lifestyle group that helps you learn ways to better your health through more mindful food choices, physical activity and feeling good about yourself.

**Date:** Mondays March 19th to April 30th

**Time:** 1:30 pm to 3:30 pm

**Location:** Northumberland FHT

**TO REGISTER**

Call 289-252-2139

Email [info@nfht.ca](mailto:info@nfht.ca)