

Healthy Living Education Sessions



Come on out to learn about various
Healthy Lifestyle topics on
Physical Activity and Nutrition.



What to expect?

A non-diet approach to help lead a
healthier lifestyle that works for you!

The 45 minute sessions are run by our Physiotherapist and
Dietitians and are open to anyone in the community.

Bring a friend or loved one with you!

Date: Every Tuesday and Friday

Time: 10:00 am Tuesdays and
1:30 pm Fridays

Location: Northumberland Family Health Team

Find out which topics will be offered
and to register:

Call 289-252-2139

Or email info@nfht.ca

