



Weight Management Support Group

When: The last Tuesday of the month
(Jan. 26, Feb. 23, Mar. 30, Apr. 27/10...)

5:30 pm for Nutrition Tidbits Talk
&
6:00-7:00 pm for Individual Weigh-In

A new nutrition talk each month: including fibre, sodium, physical activity, fat, snacks, emotional eating, menu planning, alcohol, and holiday eating. **Private**, individual weigh-in. No registration required. Contact 613-687-7641 for more information.

**Petawawa Centennial Family Health Centre
154 Civic Centre Road, Petawawa, ON, K8H 3H5**

WEIGHT NO MORE....JOIN US!