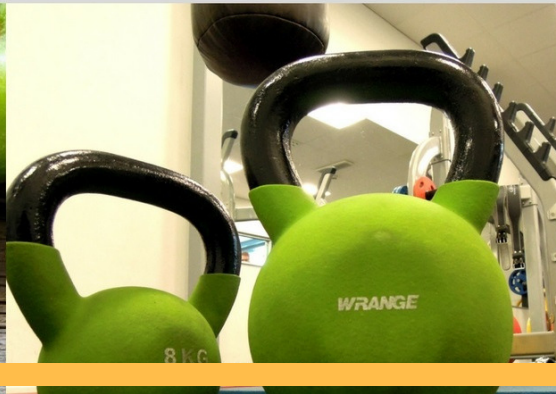




MISSION...

NUTRITION.

EXERCISE.



5, 12, 19, 26 March - Classroom 9:00 - 12:00

7, 14, 21, 28 March - Physical Training 12:00-13:00



GOALS.

ARE YOU READY?



Health Promotion's
Weight Wellness
Lifestyle Program

Email:

healthpromotion.borden@forces.gc.ca

Local: 7086