



**Shine**

SUPPORTING HEALTH IN EVERYONE  
AN HHS PROGRAM

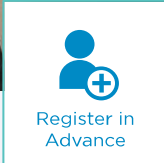


**Hamilton  
Health  
Sciences**



ShineHHS.ca

**Sign up NOW for a  
HEALTHY YOU!**



**Don't miss this opportunity to  
CHANGE YOUR LIFE in 2018!**

The aim of this program is to help you make permanent lifestyle changes. This is not a program that focuses on "dieting". You set your own goals and make your own plan to work towards them. Each 90 minute class will be interactive, informative, and fun. You will find yourself in a helpful, supportive environment as you learn more about your health and how to create lasting change.

**DETAILS:**

- › Class begins Feb 20<sup>th</sup> and ends May 1<sup>st</sup>
- › **Cost:** \$45
- › **Space is limited:** Register soon!

**Register Today!**

**JH A4-8 Conf Rm#3  
TUESDAYS  
5:15 - 6:45 PM  
Class kicks off Feb 20<sup>th</sup>!**

**REGISTER**  
by Feb 19<sup>th</sup>

Fill out the  
online form at  
[shinehhs.ca](http://shinehhs.ca)

Email Jessica at  
[galopoulos@hhs.ca](mailto:galopoulos@hhs.ca)

The *Healthy You Program* is an 11-week lifestyle program, led by a Registered Dietitian that uses a non-diet approach to help you reach and maintain a healthier version of you!

