



Shine

SUPPORTING HEALTH IN EVERYONE
AN HHS PROGRAM



**Hamilton
Health
Sciences**



Lunch &
Learn



Register in
Advance

ShineHHS.ca

Building Momentum: The Healthiest City in Canada!

Build MOMENTUM in your life by living a healthy and active lifestyle! Together we can create the healthiest city in Canada!

Bring in the New Year with Momentum. January is normally viewed as a time to set and re-set new goals, however it's much easier if we don't stop moving and continue to build on what we have placed our energy on.

Brian Humphrey will be walking us through a fun and experiential goal setting session highlighting the many assets and amenities our city has to get and stay active. He will help break down the small habits that ultimately create the largest results in our life.

Brian will also share his vision for Hamilton...to be the healthiest city in Canada, as well as how YOU can do your part to make this goal a reality! Join your colleagues for this informative and inspiring talk...let's kick off 2018 right!

Mark Your Calendar!

Tues Jan 9	WLMH	12:15 PM – 12:45 PM Board Room
Thurs Jan 11	KING WEST	12:15 PM – 12:45 PM Rm. 23-009/010
Tues Jan 16	MUMC	12:15 PM – 12:45 PM MUMC 4E20
Thurs Jan 18	SPH	12:15 PM – 12:45 PM North Conference Rm
Mon Jan 22	JHCC	12:15 PM – 12:45 PM JH A4-4 Auditorium
Tues Jan 30	HGH Campus	12:15 PM – 12:45 PM Marg Charters

REGISTER TODAY!

Register to attend : shinehhs.ca

Questions? Email [Jessica Galopoulos](mailto:Jessica.Galopoulos)

ALL ATTENDEES WILL BE ENTERED TO WIN A FREE ONE MONTH MEMBERSHIP TO MOMENTUM FITNESS!



EVENT BROUGHT TO YOU BY
Brian Humphrey
Momentum Fitness

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www.getmomentum.ca

Brian has been a part of Hamilton Health Sciences Family for 13 years. As founder and CEO of Hamilton's Climb for Cancer, Brian has raised over \$800,000 dollars for the Juravinski Hospital and Cancer Centre where he currently sits as a foundation board member. In 2018 the Climb will break the \$1M dollar mark and have moved more than 10,000 people since its conception. Brian has been nick named a philanthropreneur finding his love and passion in giving to others. Brian is a Co-Owner of Momentum Fitness with 4 Hamilton locations with the goal of making Hamilton the Healthiest City in Canada. Aligning his work and passions to move more people every day and inspire and guide every person to be their best self.