

Community Health Teams

Tantallon Area Programs:

Heart Healthy Living – 2 Week Program

Do you know your top 5 numbers for heart health? Discover ways to improve your blood pressure, cholesterol, fasting blood sugar, weight and waist circumference

Thursdays: March 2nd and 9th from 10-noon; at the St. Margaret's Centre

Introduction to Making the Most of Your Food Dollar

Learn how to get more value and nutrition from your food dollar with meal planning, preparation, and smart shopping tips.

Wednesday March 22nd from 10-11:30 am at the Tantallon Library

Introduction to Living with Stress

Understand and explore a variety of stress management techniques and make a plan for how to make these strategies work in your life.

Tuesday April 25th from 7-9 pm at the Tantallon Library

Living with Stress: Skills for Life - 4 Week Program

This 4 week program explores skills you can use to stop letting stress be a barrier to living the life you value.

Thursdays: April 6-27th 10-noon at the St. Margaret's Centre

To register call 902-460-4560 Ext. 2

visit us online at www.communityhealthteams.ca



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