



## Hinton - Summer 2019

Classes to be held at Hinton Community Health Services (Health Unit)

### Managing Emotional Eating

A 3 part series to increase understanding of emotional and mindful eating behaviours, and build skills to help manage them.

Wednesdays 1:00 - 4:00pm

Part 1: May 22

Part 2: May 29

Part 3: June 05

*A 3 part series - please plan to attend all 3 sessions.*

### Better Choices Better Health<sup>®</sup> Workshop

**Take control of your health: feel better, take small steps, plan for the future.**

6 week workshop to develop confidence and practise the skills to better manage daily health challenges.

- ◆ Problem Solving
- ◆ Goal Setting
- ◆ Decision Making
- ◆ Medication management
- ◆ Chronic Pain & Fatigue
- ◆ Nutrition and Exercise
- ◆ Difficult emotions
- ◆ Learn about community resources

Dates and location to be determined - please call for details

**More classes coming in the Fall - watch for the Fall poster**

For more information, or to register for a class call:

**1-877-349-5711**