



**WE ARE
MAKING CHANGES**

HEALTHY CHANGES LIFESTYLE PROGRAM

POSITIVE BEHAVIOUR MODIFICATION

FITNESS AND EXERCISE ACTIVITIES

NUTRITION AND CULINARY CLASSES

The Healthy Changes Lifestyle Program is an 8 week program that combines nutrition, culinary, exercise and behaviour modification to help you establish and sustain a healthy lifestyle. Program is open to Humber students, faculty and staff. Register today!

Visit hrt.humber.ca/ce & go to Fitness & Nutrition

