

**WINTER &
SPRING 2023**



The Department of Family, Population & Preventive
Medicine's Nutrition Division Presents

Target Fitness Weight Management Group

10 Virtual & Interactive Sessions led by Josephine Connolly-Schoonen, PhD, RD

- ◆ Individualized nutrition prescriptions for weight management, as well as prevention/management of chronic illnesses (heart disease, diabetes, fatty liver, GI issues and autoimmune conditions) based on your medical history
- ◆ *Intensive* education on research-based, integrative strategies for weight loss and disease prevention/management
- ◆ Training on innovative nutrition-planning and self-monitoring tools to empower you to change your relationship with food and develop intuitive eating and mindful eating skills
- ◆ A virtual supermarket tour
- ◆ **Recorded** sessions with unlimited access for review

Harness the power of food to achieve peak health and wellness!

REGISTER NOW!

\$190 for 10 week program

10 consecutive Tuesdays

Starting **April 11, 2023**

5:30pm to 6:30pm

To register,
scan QR code or click [here](#).



"This class was the perfect combination of nutrition science, practical tools, and friendly support to help move me toward a healthier lifestyle. I found it very worthwhile."

LK, Winter 2021

"The course provided me with a comprehensive understanding of effective ways to lose weight. More importantly, it provided me with actionable tools to establish healthy eating habits. Such as mindful eating, prioritizing nourishing meals for my family, and understanding nutrition labels. Highly recommend!" *PA, Spring 2021*