

Holyrood Community League and New Pathways Nutritional Pathways presents:

Spring Shape-Up

Eat well, walk well, feel great!

This 9-week program will get you started on a regular walking routine and give you the tools you need to eat well and lose weight.

You will progress from 20 to 45 minutes of walking per class over the 9 weeks.

Learn about nutrition labels, how to improve your diet, weight loss strategies and delicious, healthy recipes.

Classes begin April 3, 2007 at Holyrood Community League Building

Morning Class: Tues & Thurs 10 to 11 a.m. cost \$90

Evening Class: Tuesdays 7 to 8:30 p.m. cost \$75



River City Walkers

Join us every Monday, Wednesday and Friday from 9 to 10 a.m. for good company and a vigorous walk in Edmonton's beautiful river valley. Cost: \$3.00 per walk drop in, or \$25 per month.

New Pathways Nutritional Counselling

Individual and family counselling to help you eat better and be healthier.

Contact Nora Parker, Nutritionist at 465-1075; rivercitywalkers@shaw.ca