



to Mitigate the Impact of COVID-19 on Chronic Disease Risk

[www.healthesteps.ca](http://www.healthesteps.ca)

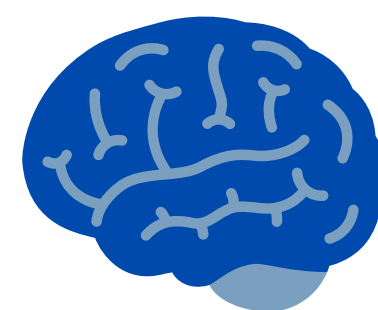
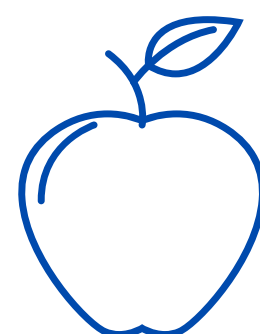
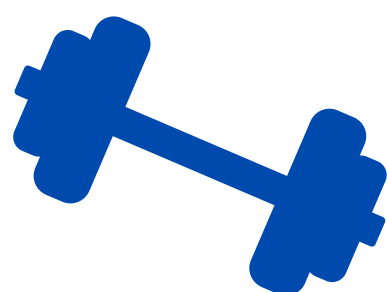
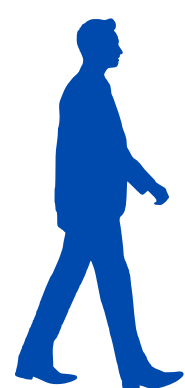
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**DO YOU WANT TO LEAD A HEALTHIER  
LIFESTYLE? ARE YOU LOOKING TO MOVE  
MORE, SIT LESS, & IMPROVE YOUR DIET?**

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**JOIN THE HEALTHESTEPS™ PROGRAM!**

As a participant of the HealthSteps™ Program you will receive free individualized healthy living prescriptions and personalized virtual coaching to help you reach your physical activity, mindfulness, & healthy eating goals.



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