health@steps

HEALTHESTEPS® LIFESTYLE
COUNSELLING FOR THE PREVENTION OF
CHRONIC DISEASE









LEAD A HEALTHY LIFESTYLE.

MOVE MORE, SIT LESS, EAT HEALTHY & BE

MINDFUL.

SIGN UP TODAY AT: www.healthesteps.ca

AS A PARTICIPANT OF THE HEALTHESTEPS® PROGRAM, YOU WILL RECEIVE FREE INDIVIDUALIZED HEALTHY LIVING PRESCRIPTIONS AND PERSONALIZED VIRTUAL COACHING TO HELP YOU REACH YOUR GOALS.



