

To register for the "Take Charge of Your Health" classes, please contact the Hanover Family Health Team at 519-506-4348.



## How do I access the services at the Hanover Family Health Team?

Educational group programs or seminars offered by the HFHT are open to all members of the public.

Please call in advance to register.

To utilize an individual service you must have a family physician in Hanover. You can request through your physician to see one of our health care professionals or you can simply self-refer by personally calling to schedule an appointment.

**All HFHT programs and services are free.**

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



# Health & Wellness Series:

## Take Charge of Your Health!



90 7th Avenue  
Hanover and District Hospital  
2<sup>nd</sup> Floor  
Hanover, ON N4N 1N1  
Tel: 519-506-HFHT (4348)  
Toll Free Tel: 1-855-677-4348  
Fax: 519-506-4351

**Monday to Friday  
8:30AM-4:30PM**

**Take Charge of Your Health** is a 3 week program facilitated by the Hanover Family Health Team Registered Dietitian, Mental Health and Addictions Counsellor and Occupational Therapist.

### ***Our Goal...***

*To help you achieve the greatest possible physical capability and pleasure from life through self-management.*

**This program includes 3 educational, interactive and motivating sessions covering topics including:**

- eating mindfulness
- weight management
- goal setting
- active living
- better sleep
- stress management



### **Who can attend this Program?**

Anyone looking to improve themselves through better eating, weight management, staying active, stress relief and a great night's sleep!

Our group programs are open to all members of the public. Please call in advance to register.

There is no cost to participate in the program.