

Are you ready to START EATING RIGHT?

The Quincy Weymouth Wellness Initiative
invites you to join us for
Healthier You!
with Nutrition

A FREE six-week course that provides tips for nutrition and
lifestyle changes to promote better health!

- How to take control of your diet
- Weight Management
- Rate your plate Activity
- The American Diet.
- Food label Reading and Grocery Shopping Tips
- Develop Your Personal Action Plan for a Healthier diet

FREE 6 week program

May 24- June 28, 2017

Wednesday 12-1 pm

South Shore YMCA

75 Mill St. Hanover, MA 02339

Register by calling Meghan at (617) 479-8500 ext. 4760

mpatrolia@ssymca.org



*Working together to improve the
health of our communities*

■ MANET COMMUNITY HEALTH CENTER ■ BAY STATE COMMUNITY SERVICES ■ CITY OF QUINCY ■ ENHANCING ASIAN COMMUNITY HEALTH (EACH) ■ SOUTH SHORE ELDER SERVICES
■ SOUTH SHORE HOSPITAL ■ SOUTH SHORE WORKFORCE INVESTMENT BOARD ■ SOUTH SHORE YMCA ■ STEWARD MEDICAL GROUP ■ TOWN OF WEYMOUTH

Programs made possible by the Massachusetts Department of Public Health Prevention and Wellness Trust Fund Grant