



CHANGE

Canadian Health Advanced by
Nutrition and Graded Exercise

1 in 5 Canadian adults has METABOLIC SYNDROME



Do you have 2 or more of
the following:

- High blood pressure
- High blood sugars
- High triglycerides
- Low good cholesterol (HDL-C)
- Waist size > 31 inches



Do you have 2 or more of
the following:

- High blood pressure
- High blood sugars
- High triglycerides
- Low good cholesterol (HDL-C)
- Waist size > 37 inches

If you ticked 3 or more ✓✓✓ You may be eligible for a free exercise and diet program. Ask us about a referral form for the CHANGE Program.

Paige- Registered Dietician 613-449-7984

Katherine- Registered Kinesiologist 613-449-5678

Next intake: January 12th at 1:30 pm via ZOOM

This program will be offered virtually until we can meet again in person



MetSC
METABOLIC SYNDROME CANADA

Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario

An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario



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