

# Make a Change for Better Health & Wellness Follow-up Workshop

**Friday November 13, 2026  
from 10:00am-12pm**

For community members who attended  
Make a Change for Better Health &  
Wellness Workshop held on May 29th

- Follow up about learnings and plans  
from May 29 Workshop



**161 Bridge Street West,  
Unit One, Belleville**



# **Make a Change for Better Health & Wellness Workshop**

**Friday May 29, 2026 from 10:00am-2pm**  
**Bring your own lunch or help yourself  
to snacks provided.**

- Learn ways (strategies) to help you achieve your personal health and wellness goals.
- Learn about making healthy good choices and ways to include regular physical activity in your life.
- Learn to put your plan in place and follow it for life.



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**For more information or to register,  
please call 613-962-0000, ext. 217.**

