



HEALTHY@ HOME

An online program for supporting and adopting healthy lifestyle behaviours.

CAN I JOIN?

- You are an adult 18+
- You have access to a device with email
- You are interested in adopting healthy lifestyle behaviours.
- You have an Ontario Health Card

REGISTRATION NOW OPEN!

Click Here → Visit our sign up page for more

mountforest.takeaction.on.ca/take-action-m-f.htm

CONTACT US

EMAIL: SARAH PINK
spink@mountforestfht.com



EVIDENCED BASED EDUCATION & COACHING

We will focus on 3 main areas

- Eating well
- Getting active
- Understanding behaviour change to help you succeed



DAILY NUDGES TO TAKE ACTION

Email and/or text "nudges" from your coaches to help you stay motivated and on track.



WEEKLY DROP IN COACHING CALLS

Access to coaching support from qualified clinicians from the comfort and safety of your home. And an opportunity to connect with peers for support.