

Fitness Food Fun

Free drop in exercise and health education program to increase your strength and cardio fitness

Information on various nutrition and health topics presented at each program

Fitness Food Fun Schedule

- **White Buffalo Youth Lodge**
602 20th Street West
Mondays (Walking Program),
Tuesdays and Thursdays
10:00 am - 11:30 am



Food Experience

Learn to cook healthy and simple meals

Food Experience

- **Saskatoon Food Bank Community Kitchen**
202 Avenue C South
Please call 306-655-LIVE
(306-655-5483) to register
for our next session



Individual Counseling

Learn how to look after your diabetes

Call 306-655-LIVE
(306-655-5483)

for a 1 on 1 appointment



Group Classes

LiveWell With Chronic Conditions OR
Craving Change™

Call 306-655-LIVE
(306-655-5483) to find out
more about sessions



Dietitian
Exercise Therapist
Health Educator
Nurse Clinician
Outreach Workers
Pharmacist



Contact Us:

LiveWell Diabetes Program

Aim 4 Health

2409 - 22nd Street West

Phone: 306-655-LIVE

306-655-5483

www.saskatoonhealthregion.ca/LiveWell



Our Partners



Community Peer
Leader Program



Diabetes Program
Aim 4 Health

*Aim 4 Health
offers programs in
the community for
active living
and eating well*

