

# EASE THROUGH THE NEW YEAR 2022 WITH GOOD HEALTH, WELLBEING AND HAPPINESS

Please join our Registered Dietitian Nutritionist, Geralyn Hyland, for a series of weekly Zoom meetings to help you stay healthy in body, mind and spirit through the new year!

These meetings will be patient centered and facilitated by our Registered Dietitian Nutritionist.

Some topics to be covered, not limited to, include:

- Coming back from Covid: Reset your intentions for the New Year with healthy eating and weight management skills
- Reset your health and wellness goals
- Learn relaxation techniques
- Manage your chronic illnesses with good nutrition
- Handle food cravings

*~we welcome your ideas for other topics not mentioned~*

**IF INTERESTED PLEASE CONTACT US BY  
EMAILING OUR ZOOM COORDINATOR,  
DANYELLE AT:**

***POPHEALTHLIASON@RMADOCTORS.COM***