

# S.I.M.P.L.E.

**S**IMPLIFIED  
**I**NTervention TO  
**M**ODIFY  
**P**HYSICAL ACTIVITY,  
**L**IFESTYLE &  
**E**EATING BEHAVIOR



## LEARN ABOUT:

- Healthy choices for weight loss.
- Exercise tips.
- Food guide pyramid.
- Benefits of reading the food label.
- Strategies to control portion sizes.
- Eating out and ordering tips.
- Breaking down barriers to cooking at home.
- Lower fat food preparation methods.
- Battling hunger and cravings.
- Shopping tips.



**GIHN-ALMA**  
Dove Conference  
Room



**October**  
15th, 22nd, & 29th



**Time**  
1:30 PM – 4:00 PM

## JOIN US

Register by October 1st

Are you ready to take a step towards a healthier lifestyle? Look no further! Join our exciting program that will not only teach you healthy eating habits but also provide you with fun exercise tips and more! It's time to take charge of your future and on a journey towards better health. Don't wait any longer. Contact your GIHN case holder to sign up and discover the joy of healthy living!