

YOUR HEALTH, YOUR WAY: Building Habits That Last

A 5-Part Workshop Series with

LISA

Certified Resilience Coach
and GET Fitness Instructor

Ready to take charge of your health and well-being?

If you're tired of habits that don't stick, this 5-part workshop series is your reset.

Your Health, Your Way: Building Habits That Last is a 5-part workshop series designed to help you boost your energy and overall health through conscious eating and movement, protecting your sleep, and strengthen the mindset that makes lasting change possible.

Each workshop delivers practical tools and one clear action step—giving you two weeks between sessions to experiment, reflect, and build consistency in your daily life. Attend one session or experience the full series.

- 1 Intentional Living: The Foundation for Lasting Change**
Monday March 2, 2026
- 2 Sleep, Rest and Recharge**
Monday March 16, 2026
- 3 Eat with Intention**
Monday March 30, 2026
- 4 Move More: Simple Ways to Add Activity to Your Everyday**
Monday April 13, 2026
- 5 Mindset Shifts & Daily Mindfulness**
Monday April 27, 2026

\$20/session or \$80 for all 5!
7:15pm - 8:15pm at the MCC

Visit www.get.on.ca/rdapc to Register.



@rdapc



@rdapc



get.on.ca/rdapc



1 Intentional Living: The Foundation for Lasting Change Monday March 2, 2026

- Clarifying your personal vision for health and well-being
- Identifying values that guide daily choices
- Recognizing habits that align — or conflict — with your goals
- Choosing one intentional shift to begin

2 Sleep, Rest and Recharge Monday March 16, 2026

- Understanding why sleep is sleep is the foundation upon which all other healthy habits are built
- Identifying personal sleep disruptors
- Practical sleep hygiene strategies
- Creating a simple nighttime reset routine

3 Eat with Intention Monday March 30, 2026

- Exploring the link between food, mood, and energy
- Identifying current eating patterns and triggers
- Reducing all-or-nothing thinking around food
- Choosing one sustainable nourishment experiment

4 Move More: Simple Ways to Add Activity to Your Everyday Monday April 13, 2026

- Understanding the benefits of regular movement on your physical and mental health
- Exploring strategies to increase the movement in your busy life
- Identifying barriers to consistency
- Designing a realistic movement plan

5 Mindset Shifts & Daily Mindfulness Monday April 27, 2026

- Recognizing self-sabotaging thought patterns
- Practicing mindfulness for stress resilience
- Shifting from self-criticism to self-compassion
- Creating a personal sustainability plan

