

"OBESITY" IN OUR COMMUNITY

Session Hosted by Punjabi Community Health Services

This session will cover **what obesity is**, its **types and causes**, **how it can impact health**, **the role of cultural stigma**, and **practical ways to manage obesity**.



Educational
Presentation



Guest
Speaker



Refreshments



Transportation
provided, if
required

August 10, 2026 | 3:30pm - 6:00pm

60 West Dr, Brampton, ON L6T 3T6

Second floor - Board Large room



**Scan the QR Code or
Click Here to Register!**

OR

 **437-243-3735**