

"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**.



Refreshments



Zumba



Educational
Presentation



Transportation
included!

17 Mar 2026 | 4:00pm - 7:00pm

Earnscliffe Recreation Centre

44 Eastbourne Dr, Brampton

Multipurpose Room 1 & 2



Scan the QR Code or
Click Here to Register!

OR

 **437-243-3735**