

“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



437-243-3735



supportline@pchs4u.com