



White Rock South Surrey
Primary Care
Network

LIFESTYLE MANAGEMENT EDUCATION SERIES

2025-2026 Series

FREE ONLINE SERIES

Take charge of your health with the free Lifestyle Management Education Series!

White Rock-South Surrey residents are invited to join this four-part series designed to equip you with the knowledge and skills to make meaningful lifestyle changes. Through four interactive 90-minute online sessions, you'll set goals, develop strategies to overcome barriers, and put what you learn into action—one step at a time.

Sessions run once a week for four weeks. Check the registration site for available dates and times, and sign up today!

MORE INFORMATION

White Rock-South Surrey
Primary Care Network

✉ wrsspcneducation@fraserhealth.ca
☎ 236.332.5401



White Rock-South Surrey
Division of Family Practice
An FPSC initiative

FREE
AGES 19+



MANAGING LIFESTYLE CHANGE

Review the differences between behaviour change and lifestyle change, along with exploring how to create, implement, and achieve small sustainable goals that can impact health.

MOVEMENT FOR HEALTH

Learn the importance of being physically active, how it differs from exercise, and ways to incorporate physical activity into daily life. SMART goals related to physical activity will also be set.

FOOD & NUTRITION

Review the different aspects of healthy eating, the foundations of nutrition, making healthier choices, and understanding nutrition labels. SMART goals related to healthy eating will also be set.

SLEEP

Learn about the importance of sleep, how sleep affects health, the stages of sleep, and tips for getting a good night's sleep.

SCAN HERE TO REGISTER



wrssedu.com/lifestyle