



**Programme d'amélioration de la santé cardiovasculaire McGill  
McGill Cardiovascular Health Improvement Program**

3505 ATWATER, MONTRÉAL (QUÉBEC) H3H 1Y2 TEL: 514 489-6630 FAX: 514 489-2604 [www.chiprehab.com](http://www.chiprehab.com)

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CHIP is proud to announce the topics for it's FREE Winter 2010 psycho educational group sessions. You can attend all sessions or select particular ones that are of interest to you. We request that you sign up for sessions by calling CHIP at 514 489-6630, by emailing ([chip@epimgh.mcgill.ca](mailto:chip@epimgh.mcgill.ca) ) or by speaking directly with a CHIP exercise physiologist.

<b>Thursday 11:00am-12:30pm</b>	<b>Topic</b>
March 4 <sup>th</sup> , 2010	Sleep problems? Learn strategies to improve your sleep
March 25 <sup>th</sup> , 2010	Having difficulty achieving your goals? Find success with 'smart' goals
April 29 <sup>th</sup> , 2010	Struggling with food and eating? Learn the psychology behind your eating habits

\* Please note: Sessions will be held primarily in English, with French translations as needed and bilingual documentation.

**All sessions will take place at CHIP:  
Atwater Club – 3505 Atwater  
Montréal (Québec) H3H 1Y2**