

The New Canadian Mothers Group presents .....

# Health and Fitness for Stressed Out Moms

With **ELISE ADOLPHE**

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**365 Princess Ave., Toronto M2N 3S7**



## About The Speaker

Elise works as a teacher in Oakville teaching high school physical education to grades 9-11. She generally teaches girls and co-ed classes. She also coaches team sports, mostly teens, at school and at the club/rep level. When she has time, she prefers to run and do weights.

Elise is currently involved in the promotion of Seize Your Future, a leadership seminar especially designed to help young women develop leadership skills, acquire decision-making abilities, and become leaders of tomorrow's society.

## Overview

- Better eating, more exercise can promote high self esteem for you and your family
- Fitness can be fun and inexpensive
- Activities and ideas for the cold weather
- Handling stress through good eating and being active

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