

# How to join Steps to Health



289-335-1252

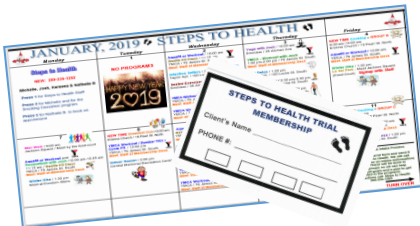
Press 1 for Steps to Health staff, Press 2 for Michelle & Smoking Cessation, Press 3 for Nathalie B

1

Come to 143 Wentworth St South. Buzz in, then come down to the basement. Office hours are Monday to Friday, between 9 am and 4 pm.

To fill in forms.

Referral Forms



We will give you a program calendar and a trial membership card. A Wellness Coach will contact you to discuss the programs and answer your questions.

2

Attend any of the Steps to Health programs on the calendar, including the YMCA.



Wellness Coaches will initial your trial membership card each time you attend a program.

3

When you have 4 initials, give your card to the Wellness Coach at your 4th program.

Nathalie B. will call you to book your intake appointment.

Keep attending programs until you complete the intake.



**You are a Steps to Health member!**

