



# Women's Mid-Life Health Centre of Saskatchewan

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## Health Issues



### MetSyn Project – an Initiative of the Women's Mid-Life Health Centre

#### What is it?

The MetSyn Project is a FREE 1-year program for Saskatoon and area women. Our aim is to help women become more active, make healthier food choices, and lose weight in order to prevent the development of type II diabetes and heart disease.

#### Features of the program:

Health talks and demonstrations by nutrition and exercise professionals in the Saskatoon Health Region  
Individualized goal-setting sessions  
Group support  
Continuous assistance in achieving your goals throughout the program from project team

#### Who Can Participate?

To be eligible for the MetSyn Project, you must have at least 3 of the following 5 criteria: - Abdominal Obesity (the distance around your waist is greater than 32 inches) - High blood pressure - High triglycerides  
- Elevated blood glucose - Low HDL (ie, the "good") cholesterol

#### How Do I Sign Up?

Call Wendy Verity, our Project Director, at 306-655-7681, or email [metsynproject@gmail.com](mailto:metsynproject@gmail.com). We will provide you with the details of the project, as well as a letter to take to your family doctor to have your blood results filled out and faxed in to us. Once we get the fax from your doctor, you're in! Mark Wednesday, October 27th on your calendar as the day you will begin changing your lifestyle!

We are looking for 200 women! Our first session is October 27th, so call soon!

Support

Inform

Inspire