



FREE

Nutritional Counseling Sessions

There is no such thing as a “magic pill”.
What you eat accounts for 80% of your weight management!
Learn lifelong changes you can make today!

September Session 1:

Eating on the Run

Busy lifestyle? Can't figure out how to manage healthy eating with work, kids, school and more? Come and find out how to keep it all in balance!

See below for dates in September.

October Session 2:

Label Reading

Labels can be very deceiving and most of us don't know what to look for when reading labels. Gain the knowledge to make better choices!

See below for dates in October.

Session 3: **Holiday Eating**

November is a festive time! It is the beginning of Holiday season and when most people will struggle. The average person gains 7 pounds over the Holiday season. Learn how to enjoy the Holidays without the weight gain. See below for dates in November and December.

All Sessions Held on Thursdays at 6:00 pm in Community Room

September	October	November
9/22 - Session 1	10/13 - Session 2	11/17 - Session 3
	10/27 - Session 2	12/8 - Session 3

With Dietitian Kelly Drew