

Join us for **FREE** nutrition classes!

# WEIGHT LOSS PROGRAM

Receive the education and support needed to help you reach and maintain a healthy weight for life.

## PROGRAM INCLUDES:

Weekly lessons on a variety of nutrition topics

Interactive workshops on how to develop and maintain healthy habits

Support from other motivated people with similar health goals

## HOW TO SIGN UP:

1. See class schedule
2. Pick a start date
3. Talk to your doctor, nurse, dietitian, or front desk associate

**All patients are welcome.**

Questions? Call Abby Gerbers at 614-235-5555 to learn more!

**HEART OF OHIO FAMILY HEALTH**



# WEIGHT LOSS CLASS

Pick a date and ask a staff member for help in signing up.

<b>WHITEHALL</b> (Tuesday 5-6 p.m.) 📍 882 S. Hamilton Road	<b>CAPITAL PARK</b> (Wednesday 1-2 p.m.) 📍 2365 Innis Road
3/24/20	3/25/20
3/31/20	4/1/20
4/7/20	4/8/20
4/14/20	4/15/20
4/21/20	4/22/20
4/28/20	4/29/20
5/5/20	5/6/20
5/12/20	5/13/20
5/19/20	5/20/20
5/26/20	5/27/20
6/2/20	6/3/20
6/9/20	6/10/20
6/16/20	6/17/20
6/23/20	6/24/20
6/30/20	7/1/20
7/7/20	7/8/20

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