



# WEIGHT LOSS PROGRAM

Join us for **FREE** nutrition classes! In person or virtual classes available.

<b>WHITEHALL</b> 882 S. Hamilton Road	<b>CAPITAL PARK</b> 2365 Innis Road
<b>Tuesdays</b> <b>(5-6 p.m.)</b>	<b>Thursdays</b> <b>(11 a.m.-12 p.m.)</b>
10/13/2020	10/15/2020
10/20/2020	10/22/2020
10/27/2020	10/29/2020
11/3/2020	11/5/2020
11/10/2020	11/12/2020
11/17/2020	11/19/2020
<del>11/24/2020</del> (No class)	<del>11/26/2020</del> (No class)
12/1/2020	12/3/2020
12/8/2020	12/10/2020
12/15/2020	12/17/2020
12/29/2020	12/31/2020
1/5/2021	<del>1/7/2021</del> (No class)
<del>1/12/2021</del> (No class)	1/14/2021
1/19/2021	1/21/2021
1/26/2021	1/28/2021

## PROGRAM INFORMATION

- Weekly lessons on different 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 schedule.
2. Pick a start date.
3. Talk to your doctor, nurse, dietitian, or front desk representative.

## CONTACT INFORMATION

Abby Gerbers, RDN, LD  
614-235-5555

