

Top 5 Changes to Make in 2010 to Lose Weight, Live Healthy

Healthy weight-loss resolutions include healthy changes. This informative lecture will include-

- assessing your food and lifestyle choices
- setting achievable goals
- making smart choices from the food groups
- making plans that involve gradual change
- balancing food and activity.



Presented by: Marla Alibrio
Registered Dietician

Thursday, March 11th, 6:30pm
Members Lounge

Registration is required! Space is limited to 60 people!