

August 2018
FREE Weight Loss Wednesday

Aubrey Monical, RD, LD

Wednesday August 1st 2018

9:00 am

Family Medicine Associates
2303 Village Drive St. Joseph,
MO 64506

Weigh In – Track Your Progress

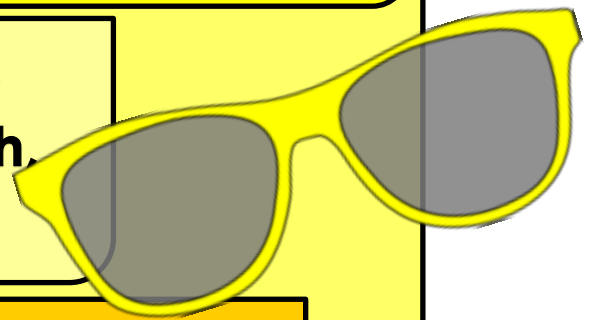
Prevent Type 2 Diabetes

Set Goals

Create a Meal Plan that Works for You!

Questions? Ask a Dietitian!

**Classes are FREE for all patients, please
call to pre-register. Family members also
welcome.**



AUGUST

