

June 2018
FREE Weight Loss and Pre-Diabetes

Instructor: Aubrey Monical, RD, LD

Call to Sign Up: 816-901-1036

When: 6-6-2018 at 9am

**Where: Family Medicine
2303 Village Drive St. Joseph, MO**

Learn How To:

Read Nutrition Labels

Meal Plan for Weight Loss

Reduce Your Risk for Type 2

Increase Activity

Losing 5-7% of Your Body Weight Can:

- Prevent or Delay Type 2 Diabetes
- Ease Sleep, Arthritis and Depression
- Lower Blood Pressure and Cholesterol
 - Give You More Energy

