

July 2018
Weight Loss Wednesday

Preventing Diabetes through Weight Loss
Aubrey Monical, RD, LD

July 11th 2018

10:00 am

**Family Medicine
Associates**

**2303 Village Drive St.
Joseph, MO 64506**

- **Reduce your risk for Type 2 Diabetes**
 - **Read Nutrition Labels**
 - **Increase Activity**
- **Healthy Eating and Meal Planning**
- **Gain Accountability**