

# Healthy Weight Loss

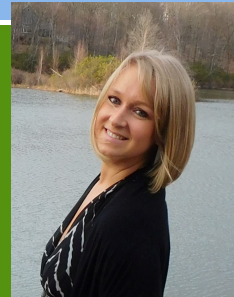
**Wednesday, September 26th 6:30 pm**

Learn how to make simple changes in your lifestyle to help you lose weight the healthy way and keep it off.

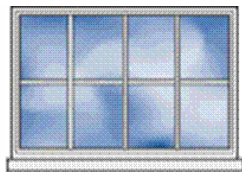
Registration requested.



## Health and Wellness



Dr. Nicole Klughers  
Naturopathic Physician  
Vis Wellness Center



Cora J. Belden Library

### **Cora J. Belden Library**

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