



THE SKINNY ON WEIGHT LOSS:

Myths, Tips and the Science Behind Long-term Weight Loss

Struggling to lose weight? This Lunch n Learn will debunk common weight loss myths as well as identify the 5 major principles to long-lasting weight loss. Hear from fitness and nutrition experts as you gain relevant tips and strategies for your weight loss goals.

Instructed by Christina Edenfield, RD, LD/N & Kathryn Raines, CPT

Wednesday, January 10	12p - 12:45p	Admin Building, 4th Floor Osprey Room 1112 Manatee Avenue West, Bradenton
Friday, January 19	12p - 12:45p	Utilities, Large Conference Room 4410 66th St W, Bradenton
Thursday, January 25	12p - 12:45p	Transit Fleet, Conference Room 2411 Tallevast Rd., Sarasota <i>Transit/Transit Fleet Personnel Only</i>
Tuesday, February 6	12p - 12:45p	Public Works, Conf Room 1 1022 26th Ave E, Bradenton

Register at www.manateeyourchoice.com/register

(Select "The Skinny on Weight Loss" in the dropdown menu or use the search bar)



For More Information Contact: Christina Edenfield
941.748.4501 x6464 | cedenfield@manateeyourchoice.com

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