



Overcoming obstacles to weight loss: How to set up your environment for success

Are you frustrated with not being able to lose weight, or losing weight but unable to keep it off, no matter what you try?

- Learn strategies to set up your work and home environment for success
- Get tips on how to deal with the inevitable temptations
- Get quick and delicious meal ideas for busy weeknights
- Engage in peer discussion to learn what works for others

Instructed by: Natalia Garcia, RDN, LDN, IFNCP, CISSN, CHWC

DATE	TIME	LOCATION
Thursday, April 25	12p - 12:45p	MSO Training Center, Classroom A 14490 B Harlee Rd, Palmetto Open to everyone
Wednesday, May 22	12p - 12:45p	MSO Ops, Media Conference Room <i>Open to MSO/CPID ONLY</i> 600 U.S. 301 Blvd W #202, Bradenton Register on PowerDMS
Tuesday, June 11	12p - 12:45p	MCG Admin, 4th Flr Manatee Room 1112 Manatee Ave W., Bradenton

Open to employees and adult health plan members!

Register at www.manateeyourchoice.com/register
(select "Overcoming obstacles..." 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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