

NUTRITION AND WEIGHT MANAGEMENT CLASS

Classes include weekly weigh-ins and discussion of various nutrition and weight management topics.

One on one counseling also available by appointment.



**Warren County Health District
416 S. East St. Lebanon**



**Wednesdays at 5:00-6:00pm
weekly starting September 6th**



Public Health
Prevent. Promote. Protect.

**Warren County
Health District**

For more information or to sign up, please contact Laura Brodt at 513-695-1477

Come and join us!