



WEIGHT MANAGEMENT SUPPORT GROUP

Losing and maintaining weight can be a difficult challenge. Come join us for our FREE monthly support group facilitated by Carrie Taicher, our registered dietitian. These meetings will cover a variety of interesting topics. Upcoming meetings will include:

- Practical Tips for Improving your Nutrition
- Goal Setting & Overcoming Barriers
- Exercise Tips
- Improving your Overall Health
- Cooking Demos
- Recipe Sharing

This group meeting is ongoing, and you can join anytime.

When: Third Friday of every month (Starting 3/18/22)

Time: 11:00am—12:00pm

Cost: FREE

Location: Center of Health & Healing Conference Room



Carrie Taicher
Registered Dietitian

Bellin Fitness Center | Bellevue (3263 Eaton Road)
Call 920-433-6787 to register