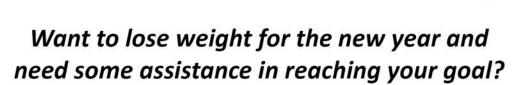
Join Real Solutions to Weight Management



This packaged program will provide you with the knowledge and support.

Don't wait. Registration is limited.

Call 218-878-2141 now to reserve your spot.

PERSONAL NUTRITION APPOINTMENT WITH DIETITIAN

Call 878-2141 to make your appointment. ATTEND THE
COOKING CLASS TO
REDUCE CALORIES

Feb 9 or 10

ATTEND THE REAL SOLUTIONS SUPPORT GROUP FOR AT LEAST 8 SESSIONS.

- Fridays | January 6 -March 31
 Dottie Tibbetts | MNAW
- Thursdays | January 5
 March 30
 Lake Superior Room |
 CAIR

Attend all three to earn a FitBit incentive.



Must meet program eligibility requirements.
Fond du Lac Human Services Division | Diabetes Program