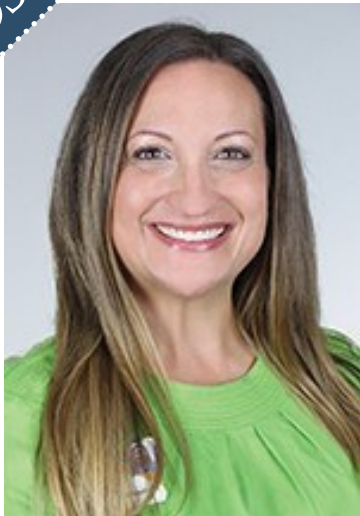




LET'S TALK BASICS

It is the start of a new year. Weight loss is one of the most common resolutions that is made every year. Let's take out some of the guesswork. Bring your questions about nutrition and exercise.

OUR HOST



Jessica G Callear, MS, MSACN,
ACSM-EP, CHC

Coordinator - Bariatric Medicine

Certified Exercise Physiologist

Certified Health Coach

Date: Thursday, 2/25/21

Time: 6-7pm

Location: Anywhere you have access to WiFi and Zoom!

Cost: FREE

- **Participants will earn 30 points towards the wellness program**

Registration Link: <https://iu17.zoom.us/meeting/register/tJApcOGvrzwiGNdRX48dFV5nQXETo-KASOrV->

*Registration is required

If you have any questions, please contact

Courtney Sexton at csexton@iu17.org or (570) 673-6001 x 2020