



Nourish YOU!

A 16-week adult weight management & wellness program

Learn from the experts: registered dietitian Allanna Abel, RD, CD and exercise expert, Audrey Bennett.

Join us to learn more about the program & sign up for the upcoming class!

Wed., Jan. 10
5 - 6 p.m.



Diabetes & Nutrition Education

Medical Office Building, Ste. 300,
1050 Reid Pkwy., Richmond

Unable to attend the info. session?
Call (765) 983-3423 to sign up today.



Reid Health
Right beside you.