



# 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.