

Eating Well for Weight Loss

Thursday June 30th 6:30 p.m.



Learn the ins and outs on how to eat better to support your weight loss goals with the Johnston Hy-Vee registered and licensed dietitian, Kari. She will walk you through some of her most successful tips and tricks for better weight management. Quick and easy meal ideas will also be given!

***RSVP required 515-984-6119** We want to have enough samples for everyone!

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