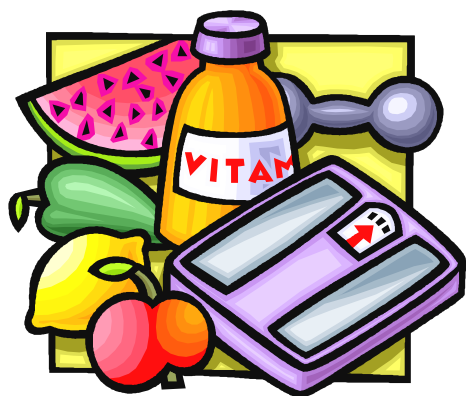


Adult Weight Management Program

- Find **YOUR Way** to Weight Management
- Guidance from Registered Dietitians & Personal Fitness Trainer
- Weekly Weigh-in · Group Discussions
Goal Setting · Problem Solving · Support · Ideas



Join Anytime!

**Mondays CAIR Community Room
12:00 OR 4:30**

**Thursdays MNAW McKnight Room
12:00 OR 4:30**

YOUR Way

Questions? Contact:

Jenn Hall at 218-878-2146

Kara Stoneburner at 218-878-2183

Katie Hughes at 218-878-3795

