

A *NEW* Adult Weight Management Program

- Find **YOUR Way** to Weight Management
~ YOUR Way may include Weight Watchers, Low-fat, Calorie Restriction, Carb Counting, UltraMetabolism...
- 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:

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