Join *Real Solutions* to Weight Management

Want to lose weight for the new year and need some assistance in reaching your goal?

This packaged program will provide you with the knowledge and support.
Don't wait. Registration is limited.

Call 218-878-2141 now to reserve your spot.

PERSONAL NUTRITION APPOINTMENT WITH DIETITIAN	ATTEND THE COOKING CLASS TO REDUCE CALORIES	ATTEND THE REAL SOLUTIONS SUPPORT GROUP FOR AT LEAST 8 SESSIONS.
Call 878-2141 to make your appointment.	Feb 9 or 10	• **Fridays** | *January 6 - March 31* Dottie Tibbetts | MNAW • **Thursdays** | *January 5 - March 30* Lake Superior Room | CAIR

Attend all three to earn a FitBit incentive.

Must meet program eligibility requirements.
Fond du Lac Human Services Division | Diabetes Program