



# Nutrition Seminar

## Ways to Weigh No More

Learn what you can do to succeed in meeting your healthy eating goals. Discover what has worked for more than 5,000 people who successfully lost weight and kept it off for at least one year! This session offers great strategies to assist you in your weight loss goals, whether you want to lose or maintain your weight.

This presentation is not a “diet” approach, but rather healthy habits you can practice for a lifetime.

**Wednesday, March 4, 2015**

12:00-12:45

Fleming Building, Regent's Room

Minimum of 10 people required

**For more information contact:**

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**Call:** 763-6048

Please RSVP by 2/25/15 at [fleming.bf.umich.edu/wellnesscommittee](http://fleming.bf.umich.edu/wellnesscommittee)



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