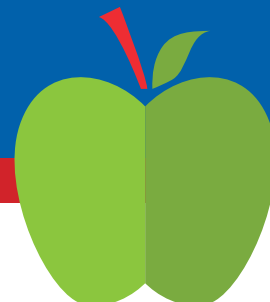


The Mercer Health Weight Management Center
invites you to our FREE, special program:

Healthy Choices

this Holiday Season



Monday, November 14, 2016
at 6:00pm

Presented by the Weight Management Center Staff

*at Mercer Health Weight Management Center
830 W. Main St., Coldwater, OH*

Registration is required.

For more information about the program or to register, please call 419-678-8446.

Join the WMC staff as we discuss tips on how to make healthier choices this holiday season. This holiday celebration will include information on healthy, holiday food options, recipes, portion control, and how to avoid the “holiday weight gain”.



Mercer Health

Weight Management Center

