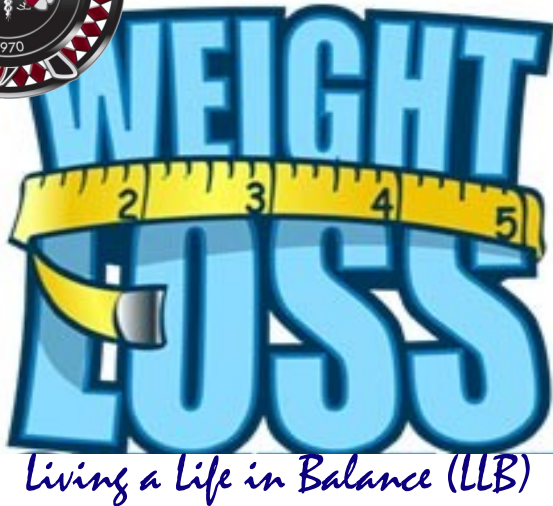




INDIAN HEALTH COUNCIL,



LLB 2018 WEIGHT LOSS GROUP MEETING

Success is about losing weight *and*
keeping it off. So how's that going for you?
Need a little help and encouragement?

COME JOIN US!

- ▶ Led by your LLB lifestyle coaches
- ▶ Stay on track with optional weight checks and body fat analysis
- ▶ Get the latest fitness and nutrition tips
- ▶ Share successes and challenges
- ▶ Receive encouragement from others
- ▶ Gain confidence to take the next step in your weight loss program

Living ^aLife ⁱⁿBalance

“EMPOWERING NATIVE WELLNESS” www.indianhealth.com UPDATED 4/2018

Recommendation

Graduate of the Living a
Life In Balance (LLB)
Program

RINCON CLINIC

PHP Dept. Kitchen
3rd Tues 9-10 AM

May 15: Boost Metabolism

June 19: Easy Meal Prep

Mar 17: 15-Min Workouts

Aug 21: Hormones &
Weight Loss

SY CLINIC

Oak Room
1st Mon of even months
11AM-12PM

June 4 Easy Meal Prep

Aug 6: Hormones &
Weight Loss

Register today!

Call Public Health Programs Dept.
(formally Community Health Dept)
(760) 749-1410 x5455