

****HEALTHY LIFESTYLE CHOICES****

Come join Dr. Allen Anderson, MD and the YMCA for a series of presentations on **Healthy Lifestyle Choices!**

Each presentation will include an informative video and a time for questions and discussion.

These presentations are for the whole family and are **FREE to the public.**

PRESENTATION TOPICS AND DATES ARE:

- Healthy Food Choices - Tuesday, January 12
- Make Food Your Medicine - Tuesday, January 26
- The Obesity Epidemic - Tuesday, February 9
- The Answer to Weight Control - Tuesday, February 23

*ALL PRESENTATIONS WILL START AT 6:30pm AT THE YMCA.
CALL AMBER MILLER AT 655-9106 OR EMAIL
ADMILLER@ZIPNET.US FOR MORE INFORMATION.