



**Your 'Best Weight'  
is a weight you can achieve while  
living the healthiest lifestyle you  
can truly enjoy.**

Join our Registered Dietitian, Kim,  
for this 1.5 hour education session discussing weight management.  
We will review the science of weight loss and evidenced based  
treatment options—with focus on long term  
maintenance of healthy choices.



**Education is free to patients and members of the community**

Choose one of the below:

1. Tuesday February 18, 2025, 5:00-6:30 pm

Kitchener location: 123 Pioneer Dr.

2. Tuesday March 25, 2025. 6:00-7:30pm

Virtual



Waterloo Region  
Nurse Practitioner-Led Clinic

***Please call 519-772-2322 to register***