



**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 email patient@wrnplc.ca to register