

# Noon Workshop

## Lose Weight & Be Fit . . .

## From the Inside Out!



Come to this informative "how to" class that takes what current science suggests about healthy and successful weight loss and translates it into practical nutrition tips and ideas. You will leave this workshop with tools for nutrition and healthy weight loss. Find out how weight loss not only benefits the outside of your body, but will benefit the inside, too, by lowering your blood pressure, normalizing your insulin, and lowering your bad cholesterol. This FREE class will be held Friday, February 2nd from 12:00 noon to 1:00 p.m. Presented by Kristin Ritzenthaler of the Idaho Dairy Council.

**DATE**  
**TIME**  
**LOCATION**

 **Health  
Matters**

IDAHO STATE WELLNESS PROGRAM