



NUTRITION & WEIGHT LOSS PROGRAM

Begins February 7th at 6:30 PM-8:00 PM
8655 University Blvd, Berrien Springs, MI 49103

Best Weigh lectures are presented by Ken Kelln, M.D. and Alan Dacre, M.D., who make complex medical concepts easy for all to understand. Register by texting the word "HEALTH" to 269-281-2345 or by calling 269-471-3543. Enrollment limited to first 40 persons.

LECTURE TOPICS:

1. Exercise—How much?
2. More Motivation for Weight Loss
3. Cholesterol, Good & Bad Fats
4. Low Carb? High Carb?
5. Protein Myths and Gluten Issues
6. The Best Fruits & Vegetables
7. Whole Grains & Probiotics
8. Which Vitamins & Supplements?
9. Who Are The Healthiest People?



PIONEER
MEMORIAL CHURCH