

The New You Weight Management Support group is coming your way.



Contact person: Terri Allen or Jodi Markheim

Call or email us today if you are interested in attending the 4 Week Session.

Time: 4:00 Pm

Date: Wednesday,

April 9th, April 23rd, April 30th and May 14th

Location: Longfellow Library

Sure, you can lose weight on your own. But having a strong support network may help you overcome the hurdles and add fun to your new life-style.