

WOMEN'S VIEW MEDICAL GROUP
Presents

FirstLine Therapy

- ❖ 01/09/2008 My Health, Why Me?
- ❖ 01/16/2008 How to speed up your metabolism.
Understanding BMI & body fat %
- ❖ 01/23/2008 Move it & lose it. Effective exercises.
- ❖ 02/06/2008 You are what you eat.
- ❖ 02/13/2008 Supermarket Tour and Label Reading.
- ❖ 02/20/2008 De-stress, relax, & lose weight.
- ❖ 03/05/2008 How to eat in the real world. Eating at restaurants, fast food & Costco.
- ❖ 03/12/2008 Vitamins, minerals & media. What, Where and How much. (Dr Kian)
- ❖ 03/19/2008 Know your numbers. Understanding labs & procedures. Ask for a copy of yours.

Each class is from 6:00 to 7:00pm at
299 w. foothill Blvd. suite 209, upland
Cost: FREE

Speaker: Pat Hawk, MS, CDE