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Weight Management First Steps

FEBRUARY 06TH 2017 BY DEE LOFLIN

Weight Management First Steps

Cape Girardeau, Missouri - Join SoutheastHEALTH for this free, informative seminar as they discuss strategies for beginning the process of health improvement and weight management on Monday, Feb. 6 at 6 p.m. and Thursday, Feb. 23 at 2 p.m. at HealthPoint Plaza, 2126 Independence in Cape.

Nutrition, physical activity and behavior modification will be discussed and you will receive details about the options HealthPoint Fitness offers to assist with this challenging effort.

You will learn how their individualized approach evaluates your current fitness level, personal goals and medical issues before recommending any weight loss or fitness program.

The program includes: Starting Point and Biometrics Weight Loss Programs;

Nutritional Coaching; Personal Training; and more.

Register online at SEhealth.org/classes-events or call 573-986-4440.

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