

Party Hearty

without Putting on the Pounds

The Holidays are a time for celebration, that doesn't necessarily need to lead to over eating and weight gain.

The average American can gain between 1 and 5 pounds between Thanksgiving and the New Year

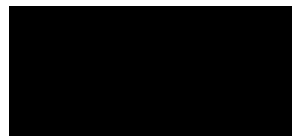
Don't let this happen to you!

Join Nutritionist Stephanie Shenton of Performance Health Center to learn tips for healthy holiday eating, plus walk away with many delicious, low-fat recipes.

Wednesday November 19, 2008

Time: 7:00pm

Cost: \$10.00/person



264 North Main Street Natick

Call now to reserve a space 508-655-9008