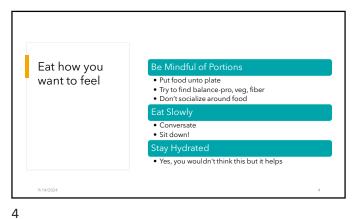


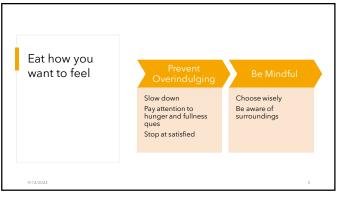
Allina Health Weight Management Evening Education Series

1

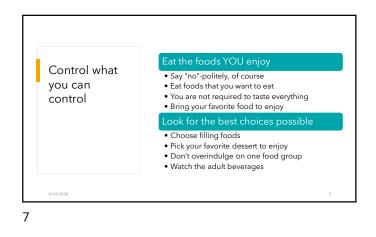


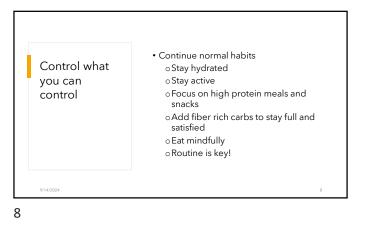






| Control what you can control | | | |
|---------------------------------------|--|---|--|
| Bring a dish of your own | The host will appreciate it! Call Bules for monu Pan ahead Bring a tasty healther alternative | | |
| Don't "throw away" your entire day | One "off" meal or day will not throw you off track | | |
| Don't "save calories | Don't skip maak Undersating will cause you to overeat | | |
| 9/14/2024 | | 6 | |







| Questions? | |
|------------|----|
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