



Effective Weight and Health Management

One Size Does NOT Fit All!

Whether you are at your normal weight, below your ideal weight, or need to lose a few or a lot of pounds, this seminar is for you. Drs. Thornton and Sulak will discuss not only a wide variety of strategies to help with weight loss, but also how to get to and maintain a healthy weight. Everyone will benefit from this presentation. Get ready to learn the latest in "What IS Healthy?" to lower our risk of disability and disease from numerous health disorders.



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Patricia J. Sulak, MD

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TUESDAY, AUGUST 16, 2022 | 6:00 PM

CULTURAL ACTIVITIES CENTER

3011 N 3rd Street, Temple, Texas 76501

FREE EVENT | NO RSVP NEEDED

FOR QUESTIONS, PLEASE CALL 254-771-3374

Sponsors:

