



**WEIGHT  
MANAGEMENT**

Please join us for FREE...

**SUPPORT GROUP**

meetings to help you on your weight loss journey!

## ***Nutrition***

### **Protein Supplement Tasting**

Wednesday, July 29th | 5 pm - 6 pm  
KCH Private Dining Room | RSVP to 740.393.9797

### **Recipe Makeover: Dinner Edition**

Wednesday, August 26th | 5 pm - 6 pm  
KCH Private Dining Room | RSVP to 740.393.9797

### **Protein Supplement Tasting**

Wednesday, September 30th | 5 pm - 6 pm  
KCH Private Dining Room | RSVP to 740.393.9797

### **Recipe Makeover: Dessert Edition**

Wednesday, October 28th | 5 pm - 6 pm  
KCH Private Dining Room | RSVP to 740.393.9797



**f** @KCHWeightManagement