



Winning at Losing! An Update on Weight Management



An Interfaith Event Presented by JupiterFIRST Church Preschool, St. Peter Catholic Church & Temple Beth Am

Learn the latest information available to keep *you and your entire family* at a healthy weight.

Join local experts Catherine Drourr, MD, Christine Bandy MS RD, and Marisa Lavin MPH CSCS CPTS as they review the tools you need to accomplish these challenging goals.

The newest information regarding diets, medications, exercise plans, and prevention of childhood weight gain will be discussed.

A Free Body Composition Analysis will be offered to all attendees!

Wednesday, February 22nd, 2012
8:45 - 10 a.m.,
JupiterFIRST Church, Faith Hall



Kindly RSVP to: preschool@jupiterfirstchurch.org by February 17th

This event is sponsored by Healthy Kids of Jupiter: **Healthy Kids of Jupiter** is a community based awareness and education initiative with the ultimate goal of preventing obesity. We are partnered with the **We Can!** Initiative from the National Institutes of Health and are approved to be a "Community Site". Our sole purpose is to educate and raise community awareness in order to prevent overweight and obese children in Jupiter, Florida.

Complimentary coffee, tea and continental breakfast items will be served.