



## *Holiday Eating for Weight Loss*

*The holiday season is fast approaching...*

*What is your game plan for keeping the pounds off  
between Halloween and New Year's?*

*Join us to learn tips to avoid weight gain while still  
enjoying everything the holidays have to offer!  
You can have your cake (or pie!) and eat it too!*

*Tues. Oct. 27th, 6-7 pm Skirball 5th Fl Conference Rm*

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