Healthy Weight Healthy Me in 2023

Free Webinar

Managing your weight can be challenging, but in this workshop, you'll discover the fundamental tools for lifelong success. Why Weight?

Click on a date below to register.

Wednesday, Jan. 18 @ 11:30-12:15pm

Thursday, Jan. 26 @ Noon-12:45pm

Speaker

Pete Clines

HMSA Health & Well-being Educator

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Recordings will be available within 5 business days from the first webinar date.

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