



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**Melissa Novits, NP-C**

# CARING FOR YOUR HEALTH



## Pinnacle Health Presents Wellness and Healthy Living in Today's World

Tuesday, November 14th 11:15 a.m.-12:15 p.m.

**MUNCH & LEARN**

Focus: Weight Loss-How to Lose It and Keep It Off

Training Room 1 & 2 • Registration Required

(Space is limited) Y members register at the service desk, non YMCA members register with Pinnacle Health (P) 330 758 6440

**FREE & OPEN TO COMMUNITY**