



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

Wednesday, November 15th 6:00–7:00 p.m.

DINNER

Focus: Weight Loss—How to Lose It and Keep It Off!
with Melissa Novits, NP-C

Community Room 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