



2022-23 CORDOVA WEIGHTLOSS INITIATIVE!

All community members 16 and older are welcome to join.
Lose the last 10 or the first 10-20 lbs in 16 weeks.

Let's lose weight together and do it during the most challenging time of the year: during the holidays and short days of winter.

Sequel to last years hugely successful "Kick the 19"
Free!!

Every Wednesday night 6 pm from 11/16-2/15.

Each week weigh in and learn different diet and health strategies.
Meetings facilitated by Dr. Gloe.

Brought to you by CCMC. Email to sign up or to find out more:
weightloss@cdvcmc.com

You will lose the weight!!