

**Free for
Members!**

Come Chat With Kerri!



Have questions about general nutrition, exercise and good health?

Then come to our FREE meeting with Registered Dietitian Kerri Knippen on the last Tues of every month at 7:30 pm.

Kerri will go over the general principles of weight loss, the importance of setting goals and having support, how to properly fuel your body when working out, and answer any questions you may have regarding your own struggles. Bring a friend, and come get some answers on the proper way to lose weight-*and keep it off!*



**Northwest
Fitness
Club**



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