



Free Health Workshop: Practical Tips to Lose Weight and Keep it Off

Presented by Sharp HealthCare

Thursday, January 24, 2019

6:30 to 7:30 p.m.

Lopez Ridge Recreation Center

7245 Calle Cristobal

San Diego, CA 92126

Maintaining a healthy weight is good for your overall health and for preventing and controlling diseases and other chronic conditions. Attend a free health workshop to learn strategies for successful long-term weight management. You will also have time to ask questions.

To register, call 1-800-82-SHARP (1-800-827-4277) or visit sharp.com/citywellness.

Sharp HealthCare is proud to be the official Health and Wellness Partner of the City of San Diego.

District 6 Councilmember Chris Cate is a proud supporter of this workshop.