



Washington Hospital Healthcare System

Investing in the health of the community.

www.whhs.com

HEALTH & WELLNESS

Free Community Seminars



How to Maintain a Healthy Weight: Good Nutrition Is Key

At this seminar, a physician will discuss ways to maintain a healthy weight and a clinical registered dietitian will discuss how nutrition plays a role in keeping weight off. Co-sponsored by Washington Township Medical Foundation.

**Tuesday, September 13, 2011
1 to 3 p.m.**

Conrad E. Anderson, M.D. Auditorium, Rooms A & B
Washington West, 2500 Mowry Ave., Fremont

- Seminars are free and open to the public.
- To register or for more information, please visit www.whhs.com or call (800) 963-7070.
- Seminars are televised on InHealth, a Washington Hospital Channel (Comcast Channel 78) and online at www.inhealth.tv.

SPEAKERS



Sudeepthi Prasad, M.D.

OB/GYN

Washington Township
Medical Foundation



Washington Township
Medical Foundation

Part of Washington Hospital Healthcare System

For more information about this physician, visit www.mywtmf.com



Anna Mazzei, RD, CDE

Registered Dietitian
Washington Hospital
Healthcare System



Follow WHHS on
Facebook & Twitter

