

Monday - Holt Library- Popular Diets



Mon, 10/14/2013 - 6:00pm - 7:30pm

Popular Diets: How do I decide on which is best for me? The presenter will look at Atkin's, The Zone, The 17 Day Diet, Paleo, and much more!

Fall Wellness Series provided by Be Well Associates Angie Wallace. For more information contact Angie Wallace 814-234-0785 or angie@bewellassociates.com [1]

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