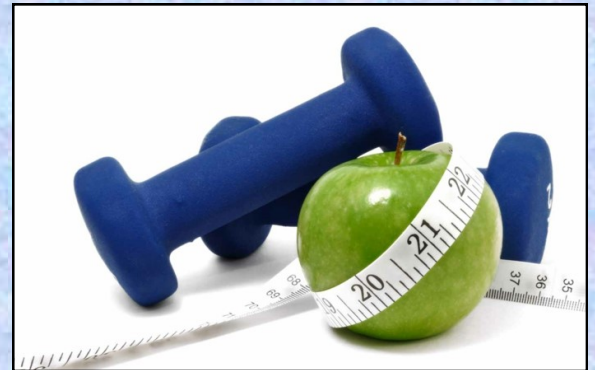


The Chippewa Valley Free Clinic offers a no – cost weight management program!

“Healthier You” is a 6 month program that provides:

- **Coaching sessions**
- **Educational sessions**
- **Nutritional guidance**
- **A free pedometer**
- **A free Fitbit or exercise equipment after completion of your personal goals**



For more information about the “Healthier You” program, please ask your nurse

