

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

“Healthier You” provides:

- Individual goal setting**
- Positive support system**
- Nutrition and physical activity guidance**
- Free incentives upon goal completion**
- Free YMCA or Sr Center membership**



For more information about the “Healthier You” program, please ask your nurse or call Michelle at 715-839-8477

