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# Do's and Don'ts of Healthy Dieting

It's easy to gain weight but harder to lose weight quickly. Healthy weight loss isn't just about dieting. Healthy weight loss means changes in your lifestyle to not just "get the weight off" but keep it off! Do's and Don'ts of Health Dieting will teach you some helpful ways to be a winner in weight loss!

**Friday, May 3, 2019**  
**10:00 AM**

For more information on our services, contact Independence at Home at 866-421-1964.