

You are cordially invited to the:
Columbia Wellness Initiative

A monthly program promoting and educating the residents of
Columbia County on healthy living and complete wellness



Please join us:

Friday, November 13th @ 12:00 p.m.

Lake Shore Hospital Authority
259 NE Franklin St
Lake City, FL 23055

Lunch will be served at 11:30
For information call 386-754-7083

Heather Janney

4-H/Family and Consumer Sciences Agent

Heather will share her amazing weight loss story and how she lost 80lbs through diet and exercise alone. She will also provide helpful tips about staying on track through the holidays. On average adults will gain 8 to 10 pounds during the holidays, let Heather show you how to make healthy swaps for your holiday favorites!

