



Weight Loss Strategies to Help YOU Hit Your Goal!

***Monday, January 6 at 7PM
Woodbridge Main Library***

New Year, New YOU!

***Join Coach Kal as he
offers strategies to help
you obtain your
weightloss/training
goals.***

***Please call 732-634-4450 or visit
woodbridgelibrary.org for more information***

Learn about-

- Setting goals***
- Exercise***
- Complimentary Eating***
- Motivating the Mind***

***You will leave
feeling motivated
and informed!
Ready to improve
your exercise plan!***

