



Weight Loss Strategies to Help You Hit Your Goal!

**Monday, May 20 at 7PM
Woodbridge Main Library**

**If you have already retired your New Years Resolution,
it's time to pick it back up!**

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

Learn about

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

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

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



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