



Weight 4 Life

Join Lake Health for a FREE information session of the Weight 4 Life program on Monday, January 11, from 7 to 9pm in the TriPoint Medical Center Physician Pavilion, Lubrizol Conference Center, Room 3 or on Tuesday, January 12, from 7 to 9pm in the West Medical Center Main Conference Room. The goal of Weight 4 Life is to help adults lose weight safely through a 10-week structured program focusing on physical activity, proper nutrition, and behavior modification. To register, call the Best of Health Line at 440-953-6000 or 1-800-454-9800.

[Or visit our website.](#)

Weekly Healthy Recipes and Wellness Tips

As part of our commitment to promote health and wellness to our community, Lake Health is providing healthy and nutritious recipes and wellness tips for you and your family on our website. We post a recipe and a tip each week, so visit us at www.lakehealth.org and click on the links on the homepage.

[Or become a fan of Lake Health on Facebook, where we post the tips and recipes each week.](#)