

SUNSHINE STATE NUTRITION AND WELLNESS  
X  
ADVANCED GASTROENTEROLOGY OF CENTRAL FLORIDA

PRESENTS

# INTRODUCTION TO WEIGHT LOSS BASICS

## Jumpstart your journey!

Breakdown the fundamentals of weight loss and learn practical tips for sustainable changes.

**SATURDAY,  
JANUARY 11TH**  
10-11AM



## DIETITIAN

**SESSION PRESENTED BY:**  
**BROOKE MINER**  
REGISTERED DIETITIAN NUTRITIONIST



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PUBLIC!**