

# A Health Education Series

# Free Event!

*Featured Guest:*  
**CR Petersen, M.Ed.**



*Topic:*  
**The 5 Habits  
of Weight Loss  
Success**



**October 21st, 2014  
6:00p.m.  
Snake River Community Clinic  
215 10th St. Lewiston**



The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity and balancing the number of calories you consume with the number of calories your body uses.

Source: Centers for Disease Control & Prevention <http://www.cdc.gov>



**Public Health**  
Idaho North Central District

For more information, contact Deb Merica at  
Public Health-Idaho North Central District (208) 799-0379  
[www.idahopublichealth.com](http://www.idahopublichealth.com)