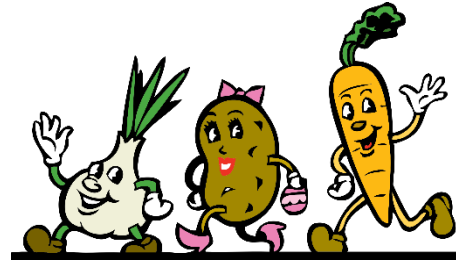


# Club Yarnell

hosts



**Just a Conversation**

## **Weight Management - Let's Make It Easy!**



Where's the beet?

**Wed. February 14  
1:30 – 3:00**

Join us for [just a conversation](#) about [managing weight](#): ideas about what works for you, what doesn't, why it's important, how to make it fun, healthy and easy, what are our biggest challenges and how to overcome them, what are helpful resources... [Let's just TALK!](#)

**Yarnell Regional Community Center**  
**Call Jerry at 602.399.1679 with questions.**