



Don't Forget to Eat!

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Tip #1  
Do an Inventory



Tip #2  
Jumpstart Your Program

## Tip #3

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Get Resources  
and Support





# BESTWEIGH

MARCH 11TH-MAY 13TH  
SATURDAYS, 2:30-4 PM

FREE

SOME  
PARTICIPANTS  
HAVE LOST  
10, 20, OR  
EVEN 30  
POUNDS

- 10-WEEK NUTRITION & WEIGHT LOSS PROGRAM
- NUTRITION LECTURES BY HEALTH PROFESSIONALS
- INDIVIDUALIZED HELP
- SUCCESS TRACKED DAILY
- WEEKLY PRIZES

REGISTER AT: [WWW.BESTWEIGH.US](http://WWW.BESTWEIGH.US)

GRANITE BAY HILLTOP CHURCH  
6605 SIERRA COLLEGE BLVD, GRANITE BAY  
GBBESTWEIGH@GMAIL.COM

Come find a more permanent solution to weight loss!

\*Best Weigh does not use medication, supplements, or a drastic diet to help you succeed

\*Limited seats available



## Accountability and Social Connection

## 3 Tips for Your Nutrition Plan

1. Do an inventory.
2. Jumpstart your program.
3. Get resources and support.

