

Free Community Seminar

Medical Weight Loss and Wellness

Tuesday, April 4 from 6 to 7:30 p.m.

Casa Colina Hospital and Centers for Healthcare, Loverso Education Center, Building 1E
255 East Bonita Avenue (at Garey), Pomona, CA 91767

PRESENTED BY



Usha Mantha, MD,
FAAFP, MRCOG
Casa Colina Family Medicine
and Medical Weight Loss Clinic

Topics of discussion include:

- Latest dietary guidelines: what works—and doesn't work—for healthy weight loss (It's not just about calories!)
- Managing effective weight loss at different ages/stages of your life
- Diet: DASH, Keto, intermittent fasting, and more: What really works?
- Physical activity and exercise: What's proven and necessary?
- Questions and answers

Refreshments will be served.
Seating is limited – please call
to reserve your space.

866/724-4132



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