



FREE COMMUNITY SEMINAR



THE LATEST IN WEIGHT LOSS & WELLNESS

Join us for an educational talk on getting healthy, losing fat, and preserving muscle through diet and exercise.



19
FEBRUARY
2026

THURSDAY
6:00 – 7:30 p.m.

Presented By:



**Usha Mantha, MD,
FAAFP, MRCOG**

Topics of discussion will include:

- » Medications & weight management
- » Preventing muscle loss as we age
- » Protein needs across different life stages
- » Diet: DASH, Keto, intermittent fasting, and more
- » Physical activity and exercise

Casa Colina Hospital & Centers for Healthcare

255 East Bonita Avenue, Pomona
(Loverso Education Center Building 1E)

How To Register?



Call 866/724-4132



Scan the QR code



Online at casacolina.org/communityevents

