



MAY 9TH, 2018 | 6:30 - 8:00 PM

# Intro to a Healthy Weight

Led by Annmarie McManus, PA-C, PT, IFMCP,  
Rachel Hershberger, MS, CNS, LDN &  
Georgia Tetlow, MD, ABOIM

What is optimal body composition? In this intro class, we'll look at obstacles to maintaining a healthy weight. We'll address the role of inflammation and detoxification, and how to begin to address unhealthy behaviors using Integrative Medicine. Bring a friend! Refreshments provided.



**For a deep dive into this topic, sign up for an interactive, low cost, intensive group class on this topic offered on 6/20.**

**Cabrini University, Iadarola Hall | 610 King of Prussia Rd | Radnor, PA**

**FREE! RSVP: [philly-im.com/event/healthy-weight-5-9](http://philly-im.com/event/healthy-weight-5-9)**

**Questions? [info@philly-im.com](mailto:info@philly-im.com) | 888.702.7974 x0**