



Patients may sign up for workshops at the front desk or contact me for more information. These workshops are only being offered in English at this time.

The upcoming workshops are:

- ✚ **Weight Matters Series - 8 week series** beginning Tuesday, Mar. 28 from 3:45pm to 5:00pm
  - Waived registration fee for full 8 weeks (must attend all 8 weeks)
  - Open only to CVIM patients, including Dental only patients.
  - Please NOTE: This workshop is run by Chester County Hospital (CCH) and held on site at CVIM for patient convenience. The class fee was generously waived by CCH.
  
- ✚ **Diabetes & Your Health - March 29** starting at 4:00pm
  
- ✚ **Reversing Pre-Diabetes -April 3** from 5:30pm to 7:00pm
  - Free
  - Open only to CVIM patients, including Dental only patients
  
- ✚ **Ritmo del Cuerpo - May 10<sup>th</sup>** at 6:30pm
  - Bimonthly support group in Spanish
  - Note the switch to Wednesday!

Thank you!

Rachel

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