



Nutrition, Energy Metabolism, and its Effects on Weight Loss with Age

with Jaime Weisman

Join Clinical and Integrative Nutritionist Jamie Weisman for a talk on Energy Metabolism, Stress, Sleep Hygiene and its effects on Weight Loss with Age. She operates from an integrative approach. Jamie's philosophy centers on the whole person, body, mind and spirit, while taking into account all aspects of lifestyle. She creates plans to help achieve the best health possible while being realistic with every day demands, the goal being to lead a healthier, happier life. Jamie is the owner of Weisman Wellness, and has a Master of Science degree in Clinical Nutrition.

Thursday, February 22 at 7:00pm
at the North County Branch Library
65 Halstead Street, Clinton, NJ

This program is free and open to the public.

Due to the popularity of our programs, we recommend reserving a seat. Please call (908) 730-6135, or click on the Calendar of Events at www.hclibrary.us

Reservations are necessary in the event the program is cancelled. Vacant seats will be released 5 minutes prior to the start of the program.

It is the policy of the Hunterdon County Library to provide reasonable accommodations for persons with disabilities with advance notification of need. Please call (908) 788-1434. Without advance reservations, it may not be possible to provide accommodations. 1/18