

Sign up for all
six sessions
and attend
one session

FREE!*



More Information:

Call 301.762.5020 x3051

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Eating for a Healthier You

presented by Rockville Internal Medicine Group

Six-week series taught by RIMG's Lori Shell, Registered Dietitian.

Topics include weight loss, healthy dining out, grocery shopping, label reading and the effect of exercise on your body, blood pressure, and cholesterol level.

When: Monday's 5:30 - 6:30 p.m. (beginning June 6th)

Cost: \$25.00/session

**Attend all six sessions for just \$125.00 when you sign up and pay in advance.*

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INTERNAL
MEDICINE GROUP

Partners in your good health.

Lori Shell, MS, RD received her undergraduate degree in clinical dietetics at Syracuse University and her Masters in Exercise Science from George Washington University. She has many years of experience working in clinical dietetics, including the acute care setting, long term care and outpatient counseling.