

# Eat More - Weigh Less

**FREE SEMINAR**

## Learn what foods to eat and how to achieve your **BEST** you!

**When:** 2nd Tuesday at 6:30pm & Last Saturday at 10am  
**Where:** MTVAC Conference Room  
**Speaker:** Renee McGrew, RD  
**Cost:** **FREE!!**



You will learn the basics of what foods to eat to **LOSE WEIGHT** and for a lasting lifestyle change

- Healthier choices & Portion Control
- Mindless eating; how to avoid eating too much
- Meal planning methods
- Avoid common "diet" mistakes



Renee McGrew, a registered dietician is now teaching our seminars. She is also available for private consultations. A Registered Dietitian is a trained nutrition professional who has met the strict educational and experiential standards set forth by the Commission on Dietetic Registration (CDR) of the Academy of Nutrition and Dietetics (AND).



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