



# The Complete Guide to Weight Loss

**Victoria Peck-Gray,**  
Registered Dietitian  
Nutritionist and Trained  
in Functional Nutrition  
will break down the four  
weight-loss components –  
nutrition, stress, sleep,  
and exercise to help with  
what works.

**The Complete Guide  
to Weight Loss**  
**Wednesday, February 28**  
**12 p.m. - 1 p.m.**

**Register Now**

Space is limited.

**Questions?**

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

