

Presented by



YOURWEIGHTMATTERS MEMPHIS

FREE SUPPORT FOR YOUR WEIGHT AND HEALTH JOURNEY



LOOKING FOR TRUSTED, SCIENCE-BACKED GUIDANCE FOR MANAGING YOUR WEIGHT AND HEALTH?

HERE'S WHAT YOU CAN EXPECT:

- Expert-led education on weight management
- Practical tips for nutrition and mental health
- Insights into the latest treatment options
- A supportive space to learn and connect

 **Saturday**

December 6, 2025

9:00 am to 1:00 pm

Free Breakfast | Free

Parking | Free Giveaways

 **Hilton Memphis**

939 Ridge Lake Boulevard,
Memphis, Tennessee, 38120

This is a FREE event, but space is limited. **Register now to save your spot!**

**SCAN HERE
TO LEARN MORE
& REGISTER** →



yourweightmatters.com/memphis

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