



WATSON CLINIC^{LLP}

Portion
SIZE
MATTERS
IN WEIGHT LOSS

Free Lecture

WEDNESDAY, FEBRUARY 21, 2024
WATSON CLINIC MAIN | LIBRARY | 6 PM



Aimee Bert-Moreno, APRN, a registered nurse practitioner and dietitian who works alongside Obesity Medicine specialist **Dr. Lilliam Chiques** at the Watson Clinic Metabolic & Weight Center, discusses the importance of portion and calorie control in achieving lasting weight loss.



WATSON CLINIC^{LLP}
METABOLIC &
WEIGHT CENTER



To RSVP, call **863-904-4663** or scan the **QR Code**.
Watson Clinic Main – Library
1600 Lakeland Hills Blvd. | Lakeland, FL 33805