

HEALTH + COMMUNITY

The CT Convergence Institute &
Wheeler Regional Family YMCA present the next

Health Café

Thursday, March 26, 2020

6p.m. to 8p.m.

Wheeler Regional Family YMCA
149 Farmington Ave, Plainville, CT 06062

A presentation on

How to Lose Weight in the Age of Fad Diets & Technology

Keynote Speaker: Sherry Pagoto, Ph.D.

Professor, Department of Allied Health Sciences, UConn

Free dinner and giveaways for all attendees!

This event is free and open to the public, but space is limited.

[CLICK HERE TO RSVP](#)



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