



2018: NEW YEAR, NEW YOU

FLOWER MOUND PUBLIC LIBRARY “HEALTHY YOU” SERIES

***Do your New Year’s resolutions
involve getting healthier?***

Flower Mound Family Physician Douglas M. Cluff, M.D. will address four topics to help you achieve your goals.

To register email fmpl@flower-mound.com or call 972.874.6165

Seating is limited to 125 participants



**Tuesday, January 9:
7 pm**

**Priority One:
Overcoming
Addictions (The
“Contra-Addiction”
Diet)**

**Tuesday, Jan. 16:
7 pm**

**Nutrition: Simplified
and Clarified**

**Wednesday, Jan. 24:
7 pm**

**Does Exercise Help
You Lose Weight?**

**Wednesday, Jan. 31:
7 pm**

**Putting It All
Together and Making
It Stick**

WHERE:

Flower Mound Public Library
3030 Broadmoor Lane
Flower Mound, TX 75022

Phone: 972.874.6165

www.fmlibrary.net