

New Year - Healthier You



Attendees will learn:

- How to be your Healthiest in 2025.
- Primary Care Panel discussion – featuring topics on preventative screenings
- Susan Kreckman MD, Sarah Halfmann APNP, Cody Burnet APNP, Payton Liegel APNP, Emily Kraemer, Dietician – making healthy food choices
- Sidney Renik, LaVita Fitness Center – how to start and optimize your fitness plan

Attendees who register in advance will receive a 1-week complimentary pass to LaVita Fitness Center.

Those who are interested can register to receive a complimentary body fat analysis.



Thursday, January 23, 2025 | 5:30 p.m. - 6:30 p.m.

Aspirus Divine Savior Hospital | Conference Room A | 2817 New Pinery Road, Portage, WI

Register by calling: Monday - Friday, 8:00 am - 4:30 pm
608.745.3868

This event is free, but registration is requested.