

Stay on Track This Holiday Season

Join Courtney Johnson, MS, RD, LDN, Sparta Community Hospital's Registered Dietitian, for a free session on simple ways to stay balanced and confident this holiday season.

Learn how to enjoy your favorite foods, manage stress, and support your health — whether you're focused on healthy eating, managing diabetes, or using a GLP-1 medication.

**Thursday, November 13, 2025
6:00 p.m.**

**Broadway Plaza
Auxiliary Room A**

**Space is limited! Reserve
your spot by calling Jennifer
at 618-443-1467.**



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