

**WE ARE STARTING ANOTHER
FREE
8 WEEKS HEALTH AND WELLNESS CLASS FOR
WEIGHT MANAGEMENT AND HEALTHY EATING!**

**Every Thursday between 6-7 pm starting
February 5, 2026**

**Sign up with Woodbridge Internal Medical
Associates and call 732-634-0036**

**Once you sign up, you will receive the Zoom link
the week of February 2nd**

**JOIN NOW!
MEET THE DIETITIAN
ANNETTE O'NEILL, RDN
EMAIL: VIBRANTWELLNESS.AO@GMAIL.COM**