

WEIGHT LOSS SUPPORT GROUP

SCHEDULE

Every first Wednesday of the month

*These months have a holiday that falls on the first week and will be moved to the second week.

July 9th & September 10th

TIME

6:30 p.m. - 7:30 p.m.

LOCATION

Eastmont Community Center
230 N Georgia Ave
East Wenatchee, WA 98802

FREE TO ATTEND

Monthly weight check-in,
small educational component, guest
speakers, facilitated group discussion,
and time for questions.

Jess Tyrrell has her Masters of Science in Nutrition and is a board certified specialist in Obesity and Weight Management.

Quinn Kenoyer has an emphasis in Public Health and is committed to providing nutrition education throughout our counties. Both have their degrees in Food Science and Nutrition.

Contact for questions:

quinn.kenoyer@cdhd.wa.gov or

jessica.tyrrell@confluencehealth.org



Quinn Kenoyer

Jess Tyrrell

This is a community based support group, designed to help you reach your goals of long term weight loss for the members of Chelan and Douglas counties.

We strive to create a supportive community of individuals seeking the common goal of weight loss and/or continued maintenance.

This group will be led by two Registered Dietitian Nutritionists, with unique backgrounds, to provide appropriate nutrition recommendations.

