



Verde Valley Medical Center
Northern Arizona Healthcare

Lookin' Good Cottonwood Physician Seminar

**Tuesday, April 1
5:30-6:30 p.m.**

**Cottonwood Recreation Center
Cottonwood Room**

How Being Overweight Affects Your Body

Being overweight raises your long-term disease risks and can trigger a variety of noticeable effects on your body.

Learn from Verde Valley Medical Center – Orthopedics sports medicine physician and orthopedic surgeon Brad Williams, M.D., Ph.D., the many ways excess weight adversely affects mind and body. Discover how making small, basic lifestyle changes can help lower your weight and significantly improve your overall health and well-being.

