



# Rocky Gorge Wellness Presents Strategies for a Healthy 2024!

Featuring:

**Dr. Christina Parisi of Maryland Weight Care.  
Abby Dixon, CES, MES of MediFit, Inc.**

## Does weight matter?

Join us for a FREE Zoom discussion on understanding the how and why—and even the why not—for weight loss.

Dr. Parisi will discuss the science behind metabolic disease, YOUR healthy weight, and how small changes have REAL impact.

Abby Dixon will share five (5) simple steps to begin an effective home exercise program.

**Tuesday, January 30, 2024,  
7:00pm, EST  
on Zoom!**

**RSVP** Abby Dixon at  
[abby@medifitnow.com](mailto:abby@medifitnow.com)  
to receive the Zoom link.

**Learn more about the presenters by visiting their websites.**

**Dr. Christina Parisi – <https://mdweightcare.com/>  
Abby Dixon – <https://medifitnow.com/>**