



## **2019: NEW YEAR, NEW YOU**

# **WELLNESS SERIES**

*Presented by TLC Family Health*

**Douglas M. Cluff, M.D.**  
**Gale Hartschuh, LPC, LMFT**  
**Jennifer Frandsen (Nutrition coach)**

To register email [fmpl@flower-mound.com](mailto:fmpl@flower-mound.com)  
or call 972.874.6165

*Tuesday, Feb. 5*  
*7 p.m.*  
**Nutrition: Over-Fed/  
Undernourished**

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*Tuesday, Feb. 12*  
*7 p.m.*  
**Turning Off the  
Vacuum – Managing  
Hunger and Weight**

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*Tuesday, Feb. 19*  
*7 p.m.*  
**Overcoming  
Depression**

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*Tuesday, Feb. 26*  
*7 p.m.*  
**Helping Teenagers  
Manage Stress and  
Anxiety**

### **WHERE:**

**Flower Mound  
Public Library**