

**Tuesday, June 11**

- Ideal Protein® Educational Seminar - 6:30pm

**Tuesday, June 25**

- Ideal Protein® Educational Seminar - 6:30pm

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**Ideal Protein® Educational Seminar**

**Time:** 6:30pm

If you're looking for a proven weight-loss method that comes with a recommendation you can trust, attend one of Lourdes Health's FREE Ideal Protein® Educational Seminars.

Learn more about Ideal Protein® [here](#).