

**Did you know The Miriam Hospital is on social media? Come connect with us!**



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## **We'd love to hear about:**

- **Your weight loss success stories.**
- **Pin before/after photos on our Pinterest page.**
- **Share your favorite healthy recipes or exercise/fitness tips.**

## **And be sure to join us each week for Wednesday Weight Day!**

- **We'll be sharing tips for losing or managing your weight.**
  - **Ask a question on our Facebook page or tweet us.**
- **The last Wednesday of the month at 12pm we will host a live Twitter chat with one of our experts!**
  - **To join us, log on to Twitter or TweetChat and use the #WtTip hashtag.**

