

**Tuesday, November 12**

- Ideal Protein® Educational Seminar - 6:00pm

**Wednesday, November 20**

- Lourdes Behavioral Health Public Community Forum - 3:00pm

**Tuesday, November 26**

- Ideal Protein® Educational Seminar - 6:00pm

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**Ideal Protein® Educational Seminar**

**Time:** 6:00pm

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](#).

**Lourdes Behavioral Health Public Community Forum**

**Time:** 3:00pm

Join us for a public community forum and hear from our presenters as we answer questions about Lourdes Behavioral Health, the services we offer, and other common questions.

Our community forums are offered every month on the fourth Wednesday of every month. The event is held from 3 pm - 4:30 pm at Lourdes Behavioral Health in the large conference room, there will be signs to guide you as you enter. Make sure to sign up so that we know that you are planning on attending.

Looking to present at one of our community forums? If you are please fill out this form so that we can look about having you present.

[Presenter Application](#)