

A New You is Within Reach

Join us for Eat Smart, Move More, Weigh Less, a 15 week weight management program.



Eat Smart | Move More
Weigh Less

Program Fee: \$20

Every Tuesday
February 7, 2012-May 15, 2012

12:00pm-1:00pm

Cooperative Extension Building
126 Alexander Drive

Eat Smart, Move More, Weigh Less is a program that will:

- Explore behaviors that help you achieve and maintain a healthy weight.
- Identify strategies to help you eat smart and move more.
- Show how living mindfully can help you achieve and maintain a healthy weight.
- Help you create new, lifelong habits.

For more information or to register please call:

Harnett County Cooperative Extension
910-893-7535

Registration Deadline: Thursday, February 2nd



**Harnett County Department of
Public Health**

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