

# A New You is Within Reach

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Join us for Eat Smart, Move More, Weigh Less, a *15 week* weight management program that uses strategies proven to work.



**Eat Smart** | **Move More**  
**Weigh Less**

**Every Tuesday,  
February 3rd-May 19<sup>th</sup>**

**12:00pm-1:00pm**

**Program Fee: \$20**

**Cooperative Extension Building  
126 Alexander Drive  
Lillington, NC**

**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.
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**For more information or to register please call:**

Harnett County Department of Public Health  
910-814-6196

**Registration Deadline: Friday, January 30<sup>th</sup>**

