

A New You is Within Reach

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,
July 29th - November 4th**

5:30pm - 6:30pm

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, July 25th

