

Step Up & Scale Down

A 12 week program to help you move toward a healthier weight
and meet your goals for living a healthy lifestyle.

12 Weekly Sessions

1. Scale Down by Setting Goals
2. Step up to a Healthy Plate
3. Scale Down by Label Reading
4. Step Up to Breakfast and Menu Planning
5. Scale Down with Moves to Lose
6. Step up your Hydration
7. Scale down by Finding your Motivational Mojo
8. Step up to Healthy Snacking
9. Scale Down with a Colorful Plate
10. Step up to Successful Socializing
11. Scale Down by Knowing Your Numbers
12. Step Up and Celebrate

Class Series Begins: Thursday, February 7, 2013, 5:30 pm

Location: Huguley Memorial Medical Center Ground Floor Conference Room

Sign Me Up!

____ Yes, I want to Step Up to the Challenge! Please register me for February 7th, 2013.

Name _____

Address _____ City _____ Zip Code _____

Email _____

Phone _____

Return form to Gracie Walling, County Extension Agent – Family & Consumer Sciences