

“Waist Watchers”



A weight loss and maintenance program designed for a healthier you!!!

- It is a program that will help you achieve and maintain a healthy weight
- Identify strategies to help you Eat Smarter and Move More
- Help you learn how living mindfully and with purpose can help you achieve and maintain a healthy weight
- Help you create new lifelong habits of eating smart and moving more to achieve and maintain a healthy weight



**Location: Caswell Senior Center
649 Firetower Rd.**

Yanceyville, NC 27379

**Date: Tuesdays, April 11th to May 30th
(8 weeks)**

Time: 10:00am – 11:00am

Instructor: Sonya Patterson

Cost: \$25

Register: Call 336-694-7447 to register!