



WEIGHT-WISE

MARCH 5 – JUNE 25, 2019

Are you ready?

...for a Lifestyle Change Program that will help you lose weight, improve your health and well-being, and most of all HAVE FUN?

Weight-Wise is a weight-management program designed to equip you with the tools you will need to set achievable goals, build self-confidence, learn problem solving skills, while offering group social support.

Each weekly session will be held on Tuesday evening at 6:00 pm and is approximately 90 minutes.

WHERE:

**GREENE COUNTY
SENIOR CENTER**

104 GREENRIDGE RD
SNOW HILL NC 28580



WHO:

**ADULTS 18 YEARS
OR OLDER
WANTING TO LEAD
A HEALTHIER
LIFESTYLE!**



COST: \$5

COMMITMENT FEE



REGISTRATION:

**TUESDAY
MARCH 5TH
6 PM**

**FOR MORE
INFORMATION, CALL**

**Emmanuelle
Quenum, MPH, CHES**

252-747-8183

