

# WEIGHT-WISE

Lifestyle Change Program that will help you lose weight, improve your health and well-being, and most of all **HAVE FUN!!!**

## Registration

January 9th and 16th

**\$5 COMMITMENT FEE**



January 23rd - May 7th

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

### Where:

Greene County Senior Center  
104 Greenridge Rd  
Snow Hill, NC 28580

### Who:

ANY ADULT WANTING TO LEAD A HEALTHIER LIFESTYLE!!  
(Must be 18 years of age or older)

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

For more information, call

**GREENE COUNTY DEPT. OF PUBLIC HEALTH: 252-747-8183**

