



# 4 Week Weight Loss Group

Learn about portions, label reading, grocery shopping tips and the relationship between nutrition and exercise.

*An interactive and educational class to provide you with realistic, long-term weight loss strategies.*

January 22-February 12

Monday nights 6:30-7:30pm

George B. White Building (Park and Rec building)

Introductory Rate \$60

***To Register contact Julie Costanzo, RD at***

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