

Henry County Extension  
97 Lake Dow Rd.  
McDonough, GA 30252

**8 week program**

**Starting Date:**  
**01/30/2012**

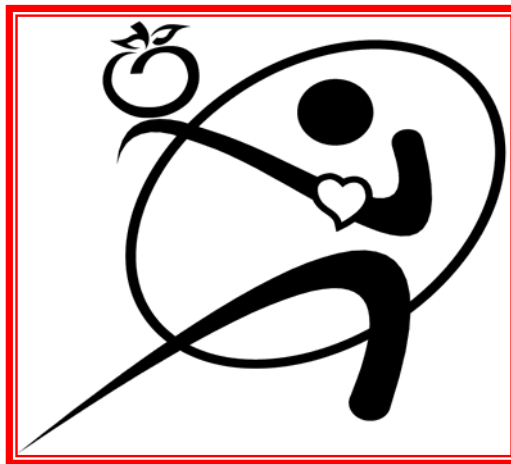
**Time**  
**12:00pm—1:00pm**



# Walk-a-Weigh

## *The University of Georgia Cooperative Extension*

*Learning for Life*



Learn how to change your eating and physical activity habits to lose weight and control or reduce risk for chronic diseases like heart disease, diabetes and cancer. Each session includes a short presentation, a taste test of a low calorie recipe and time to exercise.

### **8 WEEK PROGRAM**

**COST: \$25.00**

**PRE-REGISTRATION IS A MUST! Deadline to register is  
January 25, 2012**

#### *Highlights*

- Team up with others to be physically active together!
- Learn how to prepare healthy and delicious food.
- Get support to make the changes you want to make.

**Walk-a-Weigh Program**  
**12:00pm to 1:00pm**

**Dates: January 30**  
**February 6, 13, and 27**  
**March 5, 12, 19, and 26**

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