

Never Say "Diet" Again!

10 weeks toward a healthier you!



Mondays

January 25—March 29, 2010

1:00 p.m.—2:30 p.m.

**Kenton County Cooperative Extension Durr Annex
3099 Dixie Highway, Edgewood**

\$20.00 per person for series

*To be held, this program must have at least 15 and
no more than 25 participants enrolled.*

***Each week of this 10-week series, we will explore an aspect of
weight control through healthy eating and living, share healthy recipes
and ideas, weigh in, and engage in some form of physical activity.***

*If you have questions, call Kathy Byrnes at 859-356-3155. Send the completed reservation form and
payment to reserve your space in this program.*

Reservations and payment must be received by January 20, 2010.

This program is being offered and led jointly by Boone and Kenton County Cooperative Extension.

Save a space for me in Never Say "Diet" Again: 10 Weeks Toward a Healthier You!
Enclosed is a check for \$20.00 made payable to Tri-County Home Economics Programs

Name: _____ Telephone Number: _____

Address: _____

City, State, Zip: _____

**Reservations and payment due by January 20, 2010. Send form and check to: Kenton
County Cooperative Extension Service, 10990 Marshall Road, Covington, KY 41015**