



Do you want to lose weight?

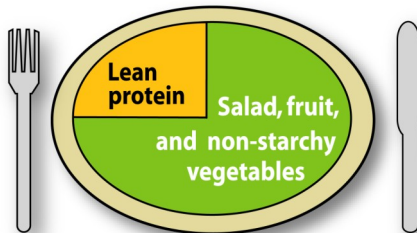
**Join us for
the 8 week
series!
Beginning
January 5th
10:00-
11:30am**

Learn to:

- ***Make behavior modifications***
- ***Fit physical activity in to your lifestyle***
- ***Use portion control when eating***
 - ***Make healthy recipes***
 - ***Weekly Weigh-Ins***
 - ***Weekly Challenges***

***Optional: Weight Loss Challenge
Pay \$10 week 1***

***Lose the biggest percentage of body weight
Win the money & gift basket!!!***



**Classes held at the McCracken County Cooperative
Extension Service, 2705 Olivet Church Road**

**To register please call McCracken County
Cooperative Extension Service
554-9520 by January 4th
Classes are free of charge**

Educational programs of the Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.