

# Step Up & Scale Down

Begins Wednesday January 9, 2019

Weigh-in from Noon to 12:15

Class starts at 12:20

Hill County Extension Office  
126 S. Covington St, Hillsboro



Live. Life. Healthy

BECOME A HEALTHIER YOU WITH OUR 12-WEEK WEIGHT MANAGEMENT PROGRAM BY:

- Setting goals for a healthy weight
- Learning to create a healthy plate
- Getting support from other program participants
- Finding weight loss motivation
- Getting new ideas for physical fitness
- Weighing in weekly
- Learning to modify recipes for health
- Sampling healthy recipes weekly



Program cost is \$40

To sign up for the program, call:

Hill County Extension Office  
254-582-4022

Registration deadline: Tuesday, Jan. 8, 2019

