

CONTINUING EDUCATION



Step Up, Scale Down

Hill College's CE Department and Hill County's AgriLife Extension have partnered to bring a program for health and wellness entitled "Step Up, Scale Down" to the Hill County Campus for 2020! This program includes 12 weekly sessions designed to promote healthy weight loss and lifestyle habits. Instructor: Karen L. Jungman

Hill County Campus-Continuing Education, Classroom (77B)

Wednesdays, Jan. 15-April 1

Lunch Hour- 12:05-12:55 p.m.

Bring your lunch and eat it during the session.

Cost: Special Reduced Pricing of \$40 for all participants!

Hill College employees are invited to participate!



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