



# Step Up, Scale Down

When: Each Tuesday beginning August 2, 2022 – October 25, 2022

Where: 4224 Cobbs Drive, Waco Texas 76710

Time: 5:30pm – 7:00pm

Cost: \$25 includes all course material

Contact: Colleen Foleen at (254)757-5180 or email:  
[colleen.foleen@ag.tamu.edu](mailto:colleen.foleen@ag.tamu.edu) to Register

Step Up Scale Down is designed to help you live a healthy lifestyle and manage a healthy weight. Over the course of 12 weeks, you will learn about ways to form healthy habits, improve your nutrition and increase physical activity, all in an effort to reduce your risk of chronic disease and enjoy living a healthy lifestyle.

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