

step up & scale down

NAVARRO COUNTY

2013



TEXAS A&M
AGRILIFE
EXTENSION

Start the new year right by Stepping Up & Scaling Down

at the YMCA

A 12 week program to help you move
toward a healthier weight

Begins Wednesday, January 9, 2013
9:00—10:30 A.M.

Cardio Fit class

9:00 a.m.—9:45 a.m.

Followed by

Step Up & Scale Down

weigh in and weekly motivational lesson

9:45 a.m.—10:30 a.m.

Corsicana YMCA
400 W. Oaklawn
Non-Y members welcome

Cost...

\$30 for the 12 week series

Includes calorie counter book,
reusable lunch bag,
portion control plate, and more....



To register or for more information call 903-654-3075

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas cooperating.