



**Tuesdays,  
February 3 - May 12, 2015  
15 weeks for \$15  
Only \$1/week**

**Eat Smart, Move More, Weigh Less is a program that will:**

- \* Explore behaviors that will help you achieve and maintain a healthy weight
- \* Identify strategies to help you eat smart and move more
- \* Show you how living mindfully helps you achieve and maintain a healthy weight
- \* Help you create new, lifelong habits

**Eat Smart, Move More, Weigh Less is NOT:**

- \* A prescriptive weight loss plan or a diet

**Eat Smart, Move More, Weigh Less provides:**

- \* A program based on proven strategies for effective weight loss
- \* A friendly supportive environment
- \* Weekly classes for 15 weeks
- \* A full color magazine containing helpful tips, exercise ideas and recipes
- \* A journal for tracking your progress

“Studies have shown that lifestyle changes and small amounts of weight loss can prevent or delay the development of type 2 diabetes among high risk adults! Weight Loss can even help someone with type 2 diabetes to keep a healthier blood sugar, reduce the amount of medication they take, prevent or delay health problems, and save money!”

**Plan, Track and Live Mindfully**

Classes run each Tuesday, February 3–May 12 from 12:10 - 12:50 p.m. in the Person County Human Services Building FEMA/Multipurpose Room. A \$15.00 registration fee (*make checks payable to Person County*) covers the cost of program materials.

Pre-registration is required. Submit the registration form and your \$15 payment to the local Extension Center at 304 South Morgan Street, Room 161 by **January 28**.



*For more information contact:*

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