

# Lose “12” in 2012! MISSION MELTAWAY

## A TEAM APPROACH TO WEIGHT LOSS

Bi-monthly Weigh-ins • Waist Circumference Measurement  
Bi-monthly Newsletters • Nutrition & Exercise Education  
Goal-setting Guidance • Pedometer & Diary • and More  
No Cost to Participate!

### LOCATIONS. DATES & TIMES

#### Broome West Senior Center

Tuesdays, 3-5pm

2/14, 4/10, 6/12, 8/14, 10/9, 12/11

#### Deposit Senior Center

Tuesdays, 10:30am-12:30pm

2/14, 4/10, 6/12, 8/14, 10/9, 12/11

#### East Side Senior Center

Tuesdays, 4-6pm

1/10, 3/13, 5/8, 7/10, 9/11, 11/13

#### Eastern Broome Senior Center

Tuesdays, 9:45-11:45am

1/17, 3/20, 5/15, 7/17, 9/18, 11/20

#### First Ward Senior Center

Mondays, 9:30-11:30am

2/13, 4/9, 6/11, 8/13, 10/15, 12/10

#### Johnson City Senior Center

Wednesdays, 3:30-5:30pm

1/4, 3/7, 5/2, 7/18, 9/5, 11/7

#### North Shore Towers Nutrition Ctr.

Mondays, 9-11am

1/9, 3/12, 5/14, 7/9, 9/10, 11/12

#### Northern Broome Senior Center

Thursdays, 1-3pm

2/2, 4/5, 6/7, 8/2, 10/4, 12/6

#### Oak Street Senior Center

Tuesdays, 10:30am-12:30pm

1/3, 3/6, 5/1, 7/3, 9/4, 11/6

#### Vestal Senior Center

Wednesdays, 10:30am-12:30pm

2/8, 4/11, 6/13, 8/8, 10/10, 12/12



Like us on Facebook! Search “Broome County Senior Centers”

**Call Broome County Office for Aging to Register at 778-2298**

Sponsored by:

 Broome County Office for Aging  
... bringing seniors and services together

 CDHP®  
A plan for life.