

**Here is your opportunity to shed a few of those unwanted pounds and learn to lead a healthier lifestyle especially during that difficult holiday season.**

## **Sign up for Mission Meltaway!**

Mission Meltaway is a team approach to weight loss through healthy nutrition and increased physical activity. One of the best aspects of the program is that you're not on your own! Participants are part of a team, who work together and support one another's efforts.

The program runs for six weeks and starts  
*Wednesday, Dec 2 @ 3:30 pm*  
*and ends on Wednesday, January 6.*  
The program will be held at the Johnson City Senior Center  
located at 30 Brocton Ave.



*By joining Mission Meltaway you will:*

- *Be invited to a "Kick-off Bash & an Ending Bash."*
- *Receive special incentives.*
- *Become part of a team of people who are interested in being healthier.*
- *Receive a meal planning guide with daily menu choices.*
- *Receive additional nutrition, exercise and motivational tips.*
- *Attend weekly education sessions.*

The only cost is your commitment to being healthier.  
Call 778-2411 to register.

**Don't wait to call, the program fills up fast.**

*Brought to you by the Broome County Office for Aging  
and CDPHP*

