

Lose “12” in 2012! MISSION MELTAWAY

A TEAM APPROACH TO WEIGHT LOSS

Weigh-ins • Waist Circumference Measurements
Nutrition & Exercise Education • Goal-setting
Free Pedometer & Diary • No Cost to Participate!

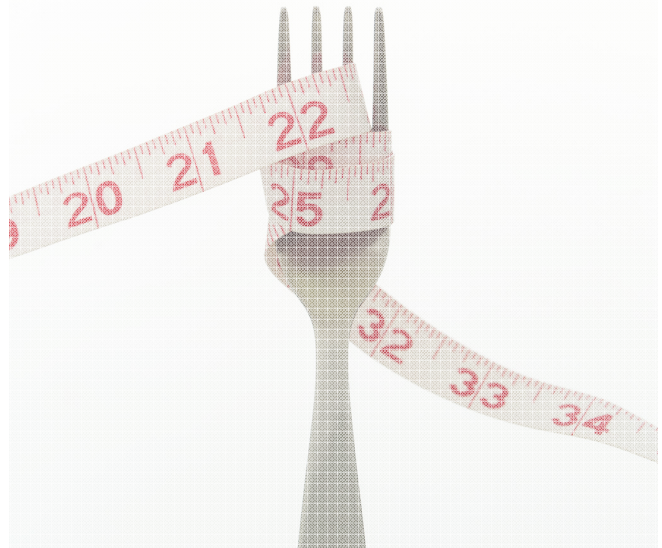
Broome West Senior Center

2801 Wayne St., Endwell, NY

Six Tuesdays, 3:00-5:00pm

(Education 3:30-4:30pm, Weigh-in 3:00-3:30pm or 4:30-5:00pm)

- February 14
- April 10
- June 12
- August 14
- October 9
- December 11



Call Sara to Register at 778-2298



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

 **CDHP**
A plan for life.