

Lose “12” in 2012! MISSION MELTAWAY

A TEAM APPROACH TO WEIGHT LOSS

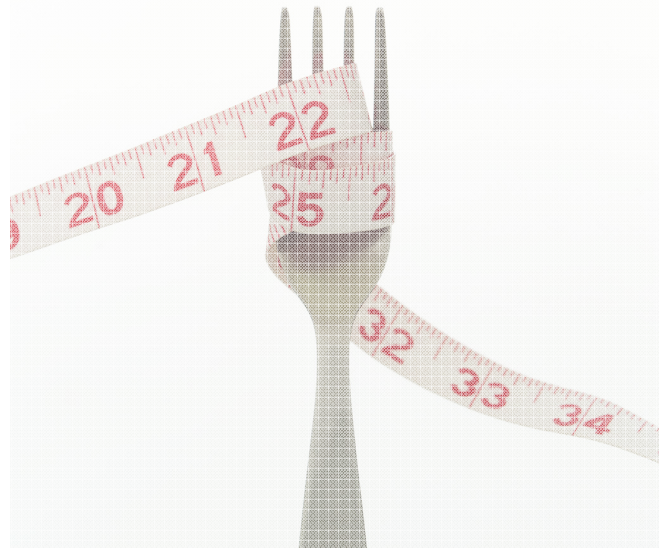
Weigh-ins • Waist Circumference Measurements
Nutrition & Exercise Education • Goal-setting
Free Pedometer & Diary • No Cost to Participate!

Deposit Senior Center

14 Monument St., Deposit, NY

Six Tuesdays, 10:30am-12:30pm

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



Call Sara to Register at 778-2298



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

Sponsored by:

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

 **CDPHP**
A plan for life.