

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!**

East Side Senior Center

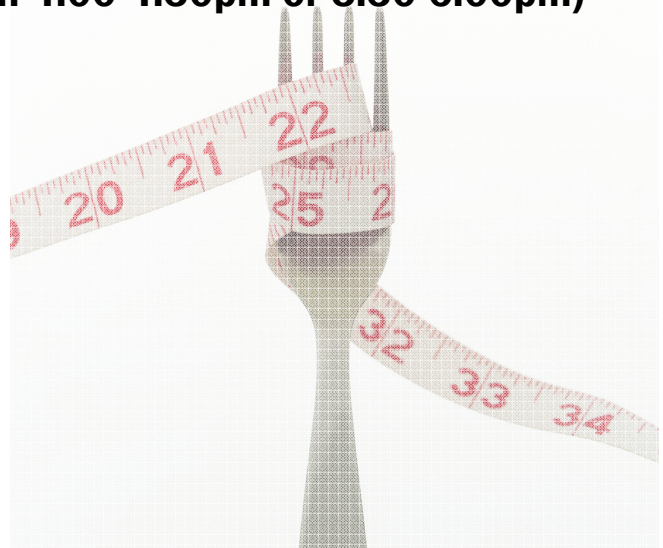
(Fairview Methodist Church)

254 Robinson St., Binghamton, NY

Six Tuesdays, 4:00-6:00pm

(Education 4:30-5:30pm, Weigh-in 4:00-4:30pm or 5:30-6:00pm)

- January 10**
- March 13**
- May 8**
- July 10**
- September 11**
- November 13**



Call Sara to Register at 778-2298



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

