

# 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!

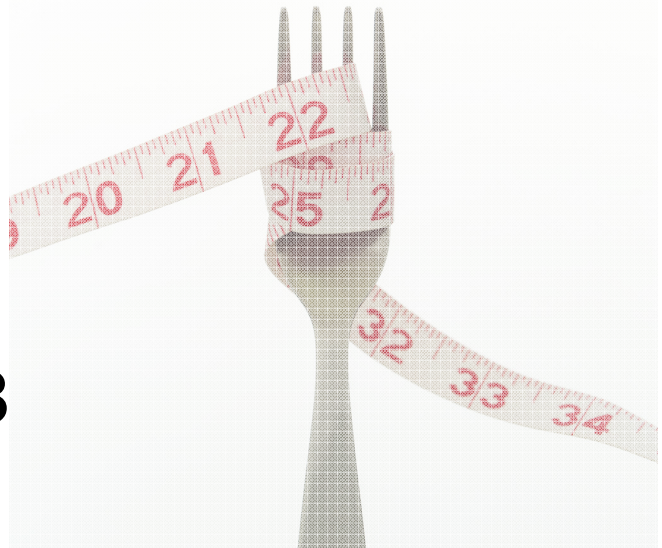
## Eastern Broome Senior Center

27 Golden Lane, Harpursville, NY

**Six Tuesdays, 9:45-11:45am**

(Education 10:15-11:15am, Weigh-in 9:45-10:15am or 11:15-11:45am)

- **January 17**
- **March 20**
- **May 15**
- **July 17**
- **September 18**
- **November 20**



**Call Sara to Register at 778-2298**



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

