

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!

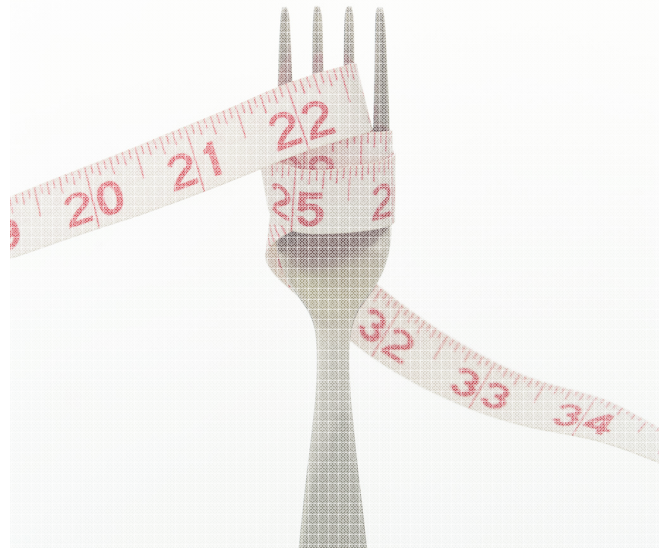
First Ward Senior Center

226 Clinton Street, Binghamton, NY

Six Mondays, 9:30-11:30am

(Education 10:00-11:00am, Weigh-in 9:30-10:00am or 11:00-11:30am)

- **February 13**
- **April 9**
- **June 11**
- **August 13**
- **October 15**
- **December 10**



Call Sara to Register at 778-2298



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

