

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!

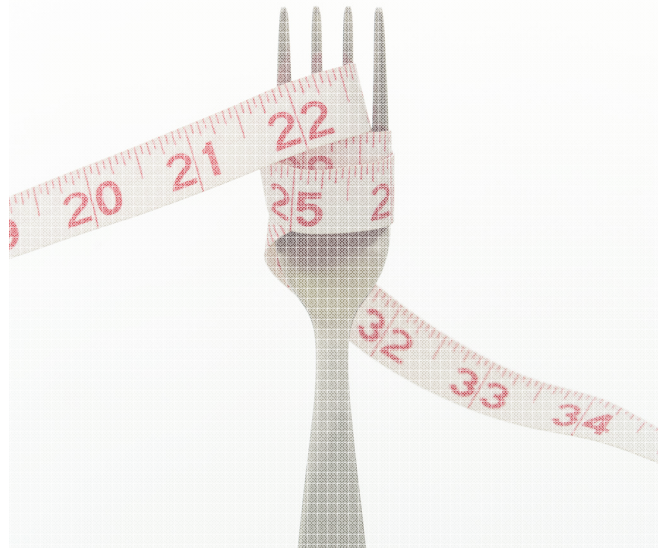
Johnson City Senior Center

30 Brocton Ave., Johnson City, NY

Six Wednesdays, 3:30-5:30pm

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

- **January 4**
- **March 7**
- **May 2**
- **July 11**
- **September 5**
- **November 7**



Call Sara to Register at 778-2298



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

