

# Lose “12” in 2012! MISSION MELTAWAY

## A TEAM APPROACH TO WEIGHT LOSS

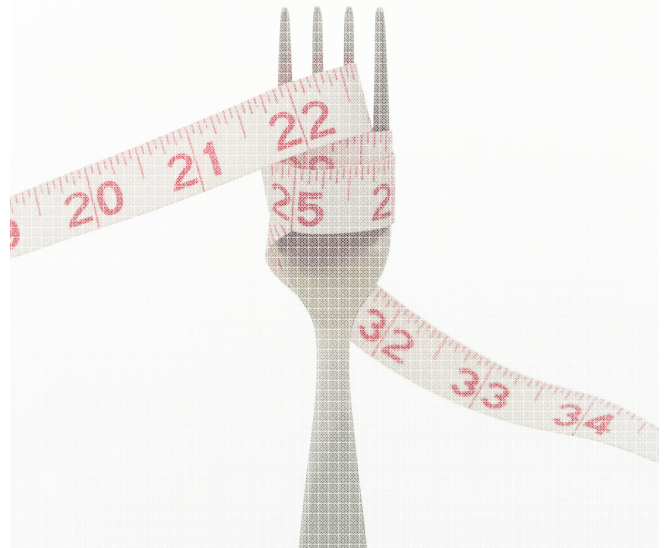
Weigh-ins • Waist Circumference Measurements  
Nutrition & Exercise Education • Goal-setting  
Free Pedometer & Diary • No Cost to Participate!

**Northern Broome Senior Center**  
**12 Strongs Place, Whitney Point, NY**

**Six Thursdays, 1:00-3:00pm**

(Education 1:30-2:30pm, Weigh-in 1:00-1:30pm or 2:30-3:00pm)

- **February 2**
- **April 5**
- **June 7**
- **August 2**
- **October 4**
- **December 6**



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



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

