

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!

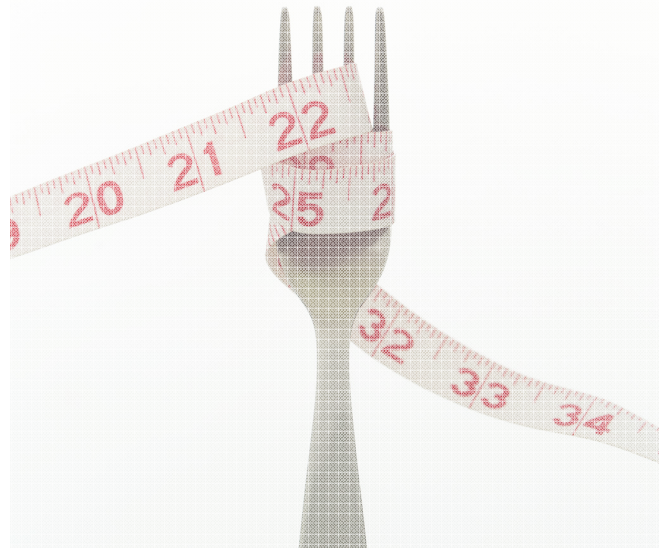
Oak Street Senior Center

58 Oak Street, Binghamton, NY

Six Tuesdays, 10:30am-12:30pm

(Education 11:00am-12:00pm, Weigh-in 10:30-11:00am or 12:00-12:30pm)

- January 3
- March 6
- May 1
- July 3
- September 4
- November 6



Call Sara to Register at 778-2298



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

 **CDHP**
A plan for life.