

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!**

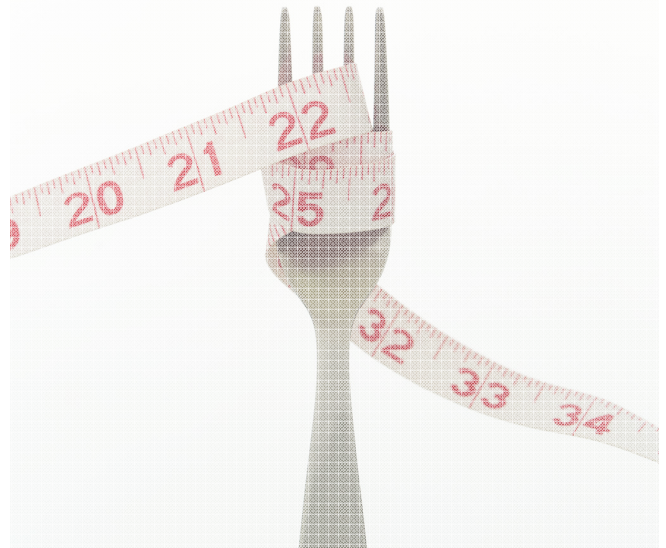
Vestal Senior Center

Old Vestal Jr. High School, 201 Main St., Vestal, NY

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

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

- February 8**
- April 11**
- June 13**
- August 8**
- October 10**
- December 12**



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.