



## **EAT SMART, MOVE MORE, WEIGH LESS** **Weight Management and Walking Club**

### **OPEN TO ALL AGES**

**July 7, 2009 – September 8, 2009**  
**Each Tuesday from 2:00 p.m. – 3:00 p.m.**  
**Elizabeth Sewell Parker Memorial Library**

**COST: Free - must pre-register – space is limited**

**To Register Call**  
**Town Hall 398-5904**  
**Cooperative Extension 358-7822**

**Registration Ends: June 29, 2009 at 5 p.m.**

Are you looking for a way to help lose those extra pounds? Have you tried diet after diet without success? Do you want a weight management program that is easy to incorporate into your daily routine?

If so, the Eat Smart, Move More, Weigh Less weight management and walking club is just the program for you! The program uses strategies proven to work. Each lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical activity. Each participant will be given the opportunity to track their progress, keep a journal of healthy eating, and receive a walking meter (pedometer) to track physical activity behaviors.

Eat Smart, Move More, Weigh Less is a weight management program developed by the NC Cooperative Extension and NC Division of Public Health, and is proudly sponsored by the Town of Murfreesboro's Recreation Department through a grant from the Roanoke Chowan Community Benefits Foundation.