

WEIGHT LOSS FOR LIFE



ARE YOU TIRED OF YO-YO DIETING?

Join us for this 7-week class to learn ways to lose weight in a healthy way and keep it off for a lifetime. Each week you'll be given the opportunity to check your body fat percentage vs. muscle mass and enter to **WIN DOOR PRIZES**.

EVERY MONDAY | **6-7 PM**
JANUARY 22-MARCH 5

IMMANUEL'S RECREATION & OUTREACH CENTER CAFÉ
3100 Tates Creek Rd. (Park behind the church and enter through Door 10)

Call 859-685-3305
to register today!

