

COMING SOON!

# Smart Moves



Smart Moves is a  
12-week weight loss  
and maintenance  
support group.

Smart Moves will help rejuvenate  
your motivation to practice  
healthy behaviors to support  
your weight loss and  
maintenance goals.



This activity will begin on \_\_\_\_\_ and end on \_\_\_\_\_.

For more information about the Smart Moves contact:

\_\_\_\_\_ at \_\_\_\_\_

Smart Moves is brought to you by your worksite wellness committee.

