

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.

