Smart Moves Sign-Up Sheet

Smart Moves is a 12-week a weight loss and maintenance support group provided by your Worksite Wellness Committee. Smart Moves will help rejuvenate your motivation to practice healthy behaviors to support your weight loss and maintenance goals.

Smart Moves begins on _____.
Sign-up by _____ to participate.

Name	Phone	E-mail

North Carolina State Health Plan for Teachers and State Employees
www.shpnc.org

NCPH North Carolina Public Health
Working for a healthier and safer North Carolina
Everywhere. Everyday. Everybody.

Eat Smart Move More NORTH CAROLINA™