



60 DAY WEIGHT LOSS CHALLENGE

LEARN WEIGHT LOSS
STRATEGIES FOR LONG TERM
SUCCESS FROM A
REGISTERED DIETITIAN

THE DETAILS

- ✓ A 60-day program that includes 8 weekly classes (45 minutes).
- ✓ Offered 4 times in 2020:
Jan. 15, April 15, July 15, Oct. 15.
- ✓ Group classes will be held on Wednesdays at 12 p.m. Enroll with the receptionist 2 weeks before each of the four sessions.
- ✓ Each session is limited to the first 30 participants.
- ✓ Payment of \$100 is due at the time of registration.
- ✓ Receive a participant guide + food and activity tracker.

JOIN US FOR OUR NEXT SESSION!

DATES: Wed., April 15

TIME: 12:00-12:45 PM

LOCATION: HWWC-Birmingham

TO GET STARTED:
Enroll with the Receptionist

FOR MORE INFORMATION:
www.hwwc.net