

**What:** 12-wk Weight Loss Program

**Where:** Seniors in Motion  
111 Industrial Street  
Denton TX 76201

**When:** Every Thurs 2-3 pm

**Meets:** Apr 6—June 22, 2017

**Cost:** \$120  
\$90 for ages  $\geq$  65

**Registration ends Apr 3, 2017**



Offered in partnership with Love to Live Well, Texas A & M AgriLIFE Extension & Seniors in Motion. Includes tools to get weight loss results that last without deprivation, dangerous diets, or supplements (unless prescribed).

**Scale Down to a Healthier You!**



Learn to lose weight & maintain it the healthy way. No crazy diets or pills—just changing the way you think about food, active living, & stress. Let us help you reach your goals & make it fun.

**Eat Better...Move More...Stress Less!**

Led by Anna Love PhD, RDN, LD, MCHES, CIC

Dietitian, Health Coach, & Founder of Love to Live Well (also Master Wellness Volunteer for Texas A& M AgriLife Extension)

Making health behavior change easier for Denton County since 1996

See [www.lovetolivewell.com](http://www.lovetolivewell.com) for more steps to a healthier you.

To learn more and register online:

[www.lovetolivewell.com/takeaclass](http://www.lovetolivewell.com/takeaclass)

Or register by phone:

**Phone:** 877-978-9355

**E-mail:**

[info@lovetolivewell.com](mailto:info@lovetolivewell.com)