



For assistance call  
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# A new you is within reach

## **Eat Smart, Move More, Weigh Less is a program that will:**

- Explore behaviors that help you achieve and maintain a healthy weight.
- Identify strategies to help you eat smart and move more.
- Show you how living mindfully can help you achieve and maintain a healthy weight.
- Help you create new, lifelong habits!

## **Eat Smart, Move More, Weigh Less is NOT:**

- A prescriptive weight loss plan.
- A diet with special foods.
- A physical activity prescription.
- Something you will ever finish.

## **Eat Smart, Move More, Weigh Less provides:**

- A program based on proven strategies for effective weight loss.
- A friendly, supportive environment.
- Weekly classes for 14 weeks.
- A full-color magazine containing helpful tips, exercise ideas and recipes.
- A Journal for tracking your progress.
- Online support through the holidays with the Eat Smart, Move More—Maintain, Don't Gain Holiday Challenge.

## Plan, Track and Live Mindfully

**Classes begin Thursday, January 27, 2011 and end Thursday, April 28, 2011**

Time: 12:15 –1:00 p.m.

Program Fee: \$25.00

Classes held at: Cabarrus County Governmental Center,  
65 Church Street-South, Concord, NC  
Multi-Purpose Room or Conference Room B

Register by Jan. 24 online at: [www.cabarruscounty.us/ReservePartner/?c=Common/Home](http://www.cabarruscounty.us/ReservePartner/?c=Common/Home) Create log-in profile and password, then continue to register by clicking: Cooperative Extension 2011; Family & Consumer Sciences; Eat Smart, Move More, Weigh Less Series. Payment made online by credit or debit card. Refunds only if minimum of 15 participants for series is not met.