



Walk-a-Weigh



UGA
extension

Learn how to change your eating and physical activity habits to lose weight and control or reduce risk for chronic diseases like heart disease, diabetes and cancer. Each session includes a short presentation, a taste test of a low calorie recipe and time to exercise.

PRE-REGISTRATION IS A MUST!
Deadline to register is Wednesday,
January 25, 2017.

Date: *Wednesdays: beginning on
February 1 through April 19,
2017*

Time: *1:00—2:30 pm*

Place: *Oconee County Senior Center
3500-B Hog Mountain Road
Watkinsville, GA 30677*

Cost: *\$20/person*

For more information or to register, contact Leigh Anne Aaron, Oconee County Family and Consumer Sciences Extension Agent, at 706.769.3946 or laa@uga.edu.