

ADRC of SW WI - GRANT COUNTY IS OFFERING A NEW WELLNESS INITIATIVE

GET HEALTHY WITH EAT SMART, MOVE MORE, WEIGH LESS ONLINE



NEW SERIES BEGINS SOON



For registration code, please
contact Lori Reid :
lreid@co.grant.wi.gov
or
608-723-6113

Check it out—a 15-week weight management program that works because it is not a diet—it's a lifestyle!

All weekly classes are conducted online by a live instructor, fostering interaction between the instructor and all participants.

Participants can conveniently attend classes from home or office using a computer or mobile device.

ADRC of SW WI Grant County is covering the majority of the cost of the program (\$235 value). **Suggested donation = \$20**

Go to www.esmmweighless.com to view class times for the upcoming series beginning soon.

All participants must be over 60+ years of age and residents of Grant County, WI.

www.esmmweighless.com