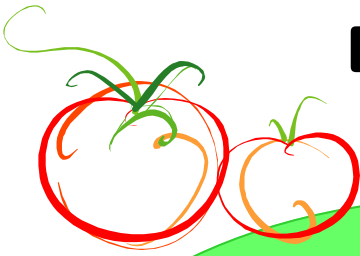
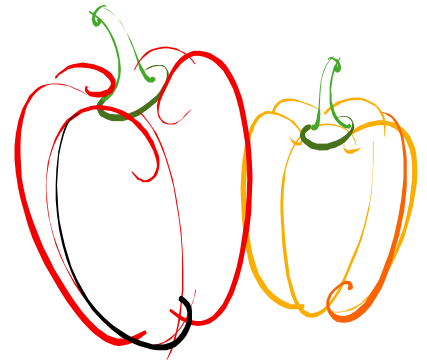


# Eat SMART, Move MORE CLASS!



**Registration: Thursday  
February 4th, 2010  
5:30pm**

**Registration is in the Library  
This will be an evening class  
Cost is \$10.00**



Eat Smart, Move More is a 10 week weight management program and support group that uses a three-part approach to weight management: Choosing a healthy diet, moving more; and making lifelong behavior changes

**Class Size  
Limited to 12  
Participants**

**Alleghany Wellness Center  
508 Collins Road  
Sparta, NC 28675  
336-372-2944  
E-mail: [beactive@skybest.com](mailto:beactive@skybest.com)**



**Eat SMART,  
Move MORE**