

ADRC of JEFFERSON COUNTY IS OFFERING A NEW
WELLNESS INITIATIVE

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



NEW SERIES BEGINS SOON



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.

Aging & Disability Resource Center of Jefferson County is covering the full cost of the program (valued at \$235) for adults age 60 and older for a limited time. Donations are accepted.

To register, please email **Rebecca Schmidt** at rschmidt@jeffersoncountyiwi.gov

www.esmmweighless.com

All participants must be over 60+ years of age.