

SOUTHWESTERN VERMONT COUNCIL ON AGING 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.

Southwestern Vermont Council on Aging is covering the full cost of the program.

To register, please contact Courtney Anderson at
canderson@svcoa.net or 802-772-7828

www.esmmweighless.com

All participants must be over 60+ years of age.