



# *Weight & Wellness: Take Charge of Your Health Journey*

*Facilitated by Mary Ricci*

**Yes, and this means..."BE WELL, WEIGH LESS, LIVE MORE!"**

This is a wellness program you will love! This program will provide you with nutritional expertise and experience for well-balanced health. You will be provided with menus, shopping lists, and delicious recipes.

Many more details will be given at the first class: This will be an **On-going class** that begins on Thursday, April 11, 2024 5 PM however **you may join at any time!**

FAC Room

Cumberland High School

Cost is kept to a minimum:

First 4-Weeks \$62.00-- Covers the member's manual and shipping costs

Only \$2.50 per meeting after the first four weeks to cover weekly handouts

**To Register-----Contact: Susan Bridger CCE Director**

**Call: HS 715-822-5121 ext. 403 / Email: sbrid@csdmail.com**