

Eat, Move, Lose

SUPPORT GROUP



STARTING in January 2012

Losing weight is easier with support. Continue your weight loss journey with us.

- Learn more about how to eat real food without spending a lot of money.
- Get your weight, blood pressure and body fat checked on a regular basis.
- Join now. All sessions are FREE.
- **Call to sign up at (859) 288-2395.**

Two Locations to Choose:

William Wells Brown
Community Center
555 E. 5th Street
2nd & 4th Thursdays
5:00-6:00 pm

Public Health Clinic South
2433 Regency Road
1st & 3rd Mondays
11:30 am-12:30 pm



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www.lexingtonhealthdepartment.org