

# NEW You!

A 12-week plan for your optimal health

## “The 12 Lessons of Wellness & Weight Loss”

sponsored by Humboldt General Hospital’s “Healthy You”

This 12-week program begins on

**January 12, 2012**

Attend from 10-11 a.m. or 5-6 p.m. each Thursday

### Topics will include:

Do You Need to Lose Weight?

Want to Lose Weight?

Don’t Drink Your Calories

Start Your Day with Breakfast!

Be Carb Smart

Cook for a Better Weigh

Dine Out the Smart Weigh

Exercise to Lose and Control Weight

Feel Full on Fewer Calories

Lower Your Fat Intake

Portion Control

Snack Smart!

Runs from Thursday, January 12, through Thursday, March 29  
There is no charge to attend. Please call HGH Wellness Coordinator  
Melissa House to pre-register at 775.623.5222, ext. 258

