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# JUST LOSE IT

## 12-week Weight Management Program

- ❖ Be encouraged by instructors Rebekah Hart, Behavior Change Specialist and Glenda Blaskey, Registered Dietitian
- ❖ Eat a balanced diet using the Exchange System
- ❖ Practice accountability by recording intake in weekly food and exercise logs
- ❖ Learn how exercise can help you control your weight and how to get the most out of your efforts at the gym



### Upcoming Session:

- ❖ Wednesday's Aug 11<sup>th</sup> – Oct 27<sup>th</sup>
- ❖ 11 – 11:40am
- ❖ Building 45, Room TBA
- ❖ Registration Fee \$100
- *100% will be refunded to those who meet their goal weight, 50% will be refunded to those who meet the attendance requirement!*

### Contact:

**Rebekah Hart**  
**(281) 483-6770**

[Email](#)