

Maintain, Don't Gain!



Worried about your weight snowballing out of control over the holidays? This program is for you!

Human Resources and Hawley Armory Fitness & Wellness invite you to participate in a 13-week program, weekly education sessions to learn tips and tools for maintaining your weight over the holidays.

When: Wednesdays October 17 – Jan 9, from 12-1pm

Where: Hawley Armory Classroom 102

Cost: \$25 for the 13-week session includes a pedometer, prizes, incentives, lectures, workshops, fitness demonstrations and more! Prizes will be awarded at individual sessions, for attending 80% or more of the sessions, meeting your pedometer weekly goals and/or maintaining your weight at the end of the program. The prizes and a FREE drawing for a Hawley Armory semester membership will be awarded at a celebration on 1/9/13! Each session will have an optional private weigh-in and features a guest lecturer or physical activity by professionals in nutrition and fitness.

Please Register using the form below. Questions? Call Janet Rochester at x 5975 or email her at

janet.rochetser@uconn.edu

Name _____ Address _____

Phone (best # to reach you) _____ Campus email _____

Enclose payment of \$25 (make checks payable to UCONN) and mail to:

Janet Rochester , UCONN, Dept. AHS, Unit 2101 Storrs ,CT 06269