

THE ADRC of ADAMS, GREEN LAKE and WAUSHARA COUNTIES IS OFFERING A NEW WELLNESS INITIATIVE

GET HEALTHY WITH EAT SMART, MOVE MORE, WEIGH LESS ONLINE



NEW SERIES BEGINS SOON



Check it out—a 15-week weight management program that works because it is not a diet—it's a lifestyle!

All weekly classes are conducted online by a live instructor, fostering interaction between the instructor and all participants.

Participants can conveniently attend classes from home or office using a computer or mobile device.

The ADRC of Adams, Green Lake and Waushara Counties is covering the full cost of the program.

Go to www.esmmweighless.com to view class times for the upcoming series beginning soon.

For registration code, please contact Amanda Kutcher :
amanda.kutcher@co.waushara.wi.us or 920-787-6666

All participants must be over 60+ years of age.

For questions, please contact administrator@esmmweighless.com.

www.esmmweighless.com