



LIV – ET CLUB

DON'T DIET, LIVE IT!!

FOOD & EXERCISE DISCUSSION GROUP

IF YOU WANT TO LOSE A FEW POUNDS OR
MAINTAIN YOUR WEIGHT, EAT HEALTHY,
OR START TO EXERCISE

WHATEVER YOUR GOAL, COME JOIN US.

**** EXCHANGE RECIPES

**** EXCHANGE IDEAS

**** GET SUPPORT & TIPS

**** GET MOTIVATED

**EVERY 4TH WEDNESDAY
OF THE MONTH
AT THE CLUBHOUSE.**

**NOT A DIET
CLUB**

**A HEALTHY
EATING CLUB**

NO WEIGH IN

**MOTIVATION
GETS YOU
STARTED**

**HABIT KEEPS
YOU GOING**

JOIN US

1ST

MEETING

WED

MAY 23

2:00 PM