

# Lose the Weight



## Local Support Group

3<sup>rd</sup> Saturday of Each Month

Kingsland Health & Fitness Center

2132 RR 1431, Kingsland TX

325-388-0733

SMART Goal Setting and Progress tracking and accountability.

(you don't have to share your weight)

A group of like-minded people to keep you on the road to success.

Gain knowledge and get support to make a lasting change.

Fitness trainer nutrition and exercise tips.

Cost \$5.00

Meetings will be held on 3<sup>rd</sup> Saturday of the month. Frequency and time of meetings may change depending on needs of group after first of year.