

# Family Fit and Fun Program



- **Dietitian Led**
- **10 week program**
- **Meets twice per week**
- **Nutrition lectures  
and exercise  
provided at each  
meeting**
- **Emphasis on fun**

**Only \$99 per person for 10 weeks!**

**Next Class Series Starts June 6<sup>th</sup> 2009**

**For More Information Contact**

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