

# Have you tried to lose weight and you just can't manage to drop those last few pounds?

*Try our Right Weigh program and learn how to manage your weight the right way!!!*

Get information on healthy dietary habits, nutrition guidelines, identifying eating behaviors and easy ways to develop a regular exercise routine.

**Sign up today!!!**

Next class starts August 22, 2012

4 sessions every Wednesday from 1600 to 1700

Open to active duty, civilian employees and adult family members.

To register or for more information contact

Ms. A. Fitzpatrick 953- 9247 or

HN Wanzo 953-1925

Also visit us online:

[www.med.navy.mil/sites/nmcp/wellness](http://www.med.navy.mil/sites/nmcp/wellness)

