



Maintain, Don't Gain!

Manage
Your
Weight
Over the
Holidays!

Join Hawley Armory Fitness & Wellness and Human Resources for another successful Maintain Don't Gain program. This is a 10+ week program meeting weekly at noon for one hour.

Come to an Information Session!

Monday, October 3rd or Wednesday, October 5th from Noon - 1:00 pm
at Hawley Armory Fitness & Wellness.

What is Maintain Don't Gain?

- Weekly information sessions and activities supervised by UCONN registered dietitians
- Weekly confidential weigh-ins
- Incentives
- Healthy recipe demonstrations and tastings
- Opportunities for individualized nutrition assessments
- Opportunities to try Hawley Armory Fitness Center and exercise classes - discount membership to Hawley Armory!

When:

October 19th - January 4th, Wednesdays from 12 - 1 pm

Where:

Hawley Armory Fitness & Wellness, Room 102 or the Gym

Cost:

\$20 for the 10+ week session

Questions?

Call Colleen Thompson at x0035, or email her at: colleen.thompson@uconn.edu

Please preregister using this form.

Name: _____

Address: _____

Phone (best # to reach you): _____

Campus email: _____

Enclose payment of \$20 (make checks payable to UCONN) and mail to:
Colleen Thompson, UCONN, Dept AHS, Unit 2101 Storrs CT 06269