

Find out how you can
**Step Up &
Scale Down**

Call your county office of the Texas
A&M AgriLife Extension Service

Hillary Long
County Extension Agent
Family & Consumer Sciences
Bastrop, Texas 78602
Phone 512-581-7186
Email: Hillary.long@ag.tamu.edu

Register online
Bastropymca.org



Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information or veteran status.



A 12-week program
to help you move toward a
healthier weight
and meet your goals
for living a healthy lifestyle.

Hillary Long
County Extension Agent
Texas A&M AgriLife Extension Service
901 Pecan Street
Bastrop, Texas 78602

Place
Stamp
Here



\$40.00 (YMCA MEMBERS)

\$50.00 (NON-MEMBER)



Weekly Sessions

1. Scale Down by Setting Goals
2. Step up to a Healthy Plate
3. Scale Down by Label Reading
4. Step Up to Breakfast and Menu Planning
5. Scale Down with Moves to Lose
6. Step up Your Hydration
7. Scale down by Finding Your Motivational Mojo
8. Step up to Healthy Snacking
9. Scale Down with a Colorful Plate
10. Step up to Successful Socializing
11. Scale Down by Knowing Your Numbers

Class Series Begins:

June 6, 2017

Location:

1308 Walnut Street
Bastrop, Tx 78602

Time:

12:15p.m.-1:00p.m.

Sign Me Up!

____ Yes, I want to Step Up to the Challenge! Please register me for the 12-week class series that begins June 6, 2017

Name _____

Address _____

City _____

Zip Code _____

Email _____

Phone _____

Please fill out the form above. Then cut off the form, add a stamp, and mail to your County Extension Agent.

OR

REGISTER ONLINE:

Bastropymca.org

Step Up & Scale Down is a 12-week educational program based on the USDA 2010 Dietary Guidelines, which are intended to help Americans choose a healthful eating plan within their calorie requirements to achieve and maintain a healthy weight. The Dietary Guidelines provide sound scientific information about how proper dietary habits can promote health and reduce risk for major chronic diseases.

