

Step Up & Scale Down

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


Weigh-in begins at
5:30 p.m.

Class begins at 6:00 p.m.

June 11	July 23
June 25	August 6
July 9	August 13

Texas Health Huguley Fitness
Center Amphitheater
11801 S. Freeway, Fort Worth

To register, contact
Texas Agrilife.
1-817-556-6370

 **Texas Health**
Huguley HospitalSM
FORT WORTH SOUTH

creation
HEALTH

TEXAS A&M
AGRILIFE
EXTENSION

H-E-B

Be.
Burleson

Be. Safe. Be. Well. Be. Healthy.