# Step Up & Scale Down

### FOR PEOPLE WHO WANT TO TAKE CHARGE OF THEIR HEALTH!

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 to achieve and maintain a healthy weight.

#### Step Up & Scale Down will help you:

- Lose weight or maintain weight safely.
- Develop healthy eating habits.
- Plan healthy and nutritious meals for you and your family.
- Develop a physical activity plan.
- Motivate you to take charge of your health!

## **Class Information**

**Dates** Every Tuesday during September 22 to December 8

> **Time** 12:00—1:00 PM

#### Location

Texas A&M AgriLife Extension—Bell County Office 1605 North Main Street Belton, TX 76513

#### Cost

This class is free to Scott & White Health Plan Members! Membership will be verified. Cost for Non – Scott and White Health Plan members is \$40

#### **To Register**

Go to Register online at https://agriliferegister.tamu.edu or register by phone: 979.845.2604

#### For more information:

Jackie McLaughlin 254.933.5305

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Educational programs by 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. The Texas A&M University System, U.S. Department of Agriculture and the County

Commissioners Courts of Texas Cooperating.