

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://agrifiregister.tamu.edu>
or register by phone: 979.845.2604

For more information:

Jackie McLaughlin 254.933.5305

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