



Presents:

## “Healthy Weight Program”

Join us in weekly classes

- Staying Sweet with Less Sugar
- Fat Out
- Label Me Healthy
- Quick, Low Cost Meals
- The Food Pyramid
- What is My BMI?

Loose weight for the spring months a head. Feel good about yourself.  
Learn what healthy eating is all about!

Classes are held every Tuesday 12:30-1:30 PM

CAMcare Gateway Center  
817 Federal Street Camden, NJ 08103

