

**Holmes County**

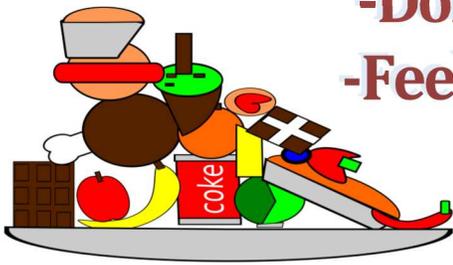
# **WOMEN'S NUTRITION CLASSES**

**Surrounded by unhealthy food choices?**

**Time pressed?**

**This FUN, RELAXED class will teach you how to:**

- Be Carb Smart**
- Don't Drink Your Calories**
- Feel Full on Fewer Calories**
- Eat Healthy**
- Lose Weight**



**Doctor's Memorial Hospital**  
**Each Tuesday night**  
**November 1st-December 6th**  
**5:30-6:30 p.m.**

**PRE-REGISTRATION REQUIRED**

To register, please contact (850) 547-8500 ext. 248 or 228.

No person shall, on the grounds of age, color, disability, national origin, race, religion or sex be excluded from participation in, be denied benefits of, or be subject to discrimination under any program or activity receiving or benefiting from federal financial assistance. Sensory impaired or Limited-English Proficiency patients will be provided with necessary aids and interpreters at no cost by calling Fran Amerson, (850) 547-8500 Ext 236.

