



Give yourself a healthy boost

Take a convenient online class

Healthy Weight: Setting Yourself Up for Success

Date: August 16, 2022 | **Time:** 12:00pm to 1:00pm

Join via computer or mobile device at:

<https://event.on24.com/wcc/r/3855764/16B52A147D7C41AE4AB05C83791B84FC>

Registration is now available and will remain open through the end of the event.

For support, [click here](#).

Description: Successful weight management is more than just cutting calories. Participants will discover how setting realistic goals, coming up with an action plan and practicing new skills over time will help them to gain confidence to manage their weight successfully.

For questions, contact: Jessica Houze, jessica.houze@fultoncountygga.gov

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