

Want to lose weight?

The Zeta Center will be hosting the B'more Fit program on Thursday evenings at 6 pm. Each class will include Weight Watchers group counseling and a group workout.

The cost is \$1/week.



Academy/Grammy/Humanitarian Award Winner and Weight Watchers Ambassador, Jennifer Hudson and B'more Fit participants

You qualify if . . .

- You live in Baltimore City
- Are over the age of 18 - both men and women are welcome
- Are overweight
- Receive public assistance benefits (WIC, SNAP, Medicaid, Student Financial Aid, SSI, etc.)

How to join

Come to the Zeta Center on Thursday evening between 5:00 and 5:30 pm. The program starts on 1/23/14, but you can join on any Thursday that the program is running. Space is limited, so sign up soon!

When - every Thursday evening

Where - Zeta Center, 4501 Reisterstown Road, Baltimore, MD 21215

Questions? - 410-396-9994

www.facebook.com/B'moreFitForHealthyBabies

www.healthybabiesbaltimore.com



weightwatchers



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OF BALTIMORE

B'more for Healthy Babies.
Every baby counts on you