

# **Eat Better, Move More**

**9 Week - Nutrition & Physical Activity Program**  
With Mount Mary University Dietetic Department  
Tuesdays, 9-10:30 AM - September 19-November 14

## What You Need To Do:

- ☑ Come to class **EVERY** week, Tuesdays: Sept. 19 - Nov. 14 from 9 - 10:30 AM.
- ☑ Wear your step counter **EVERY** day and record your steps.
- ☑ Try out the nutrition and fitness tips at home.
- ☑ **HAVE FUN!**
- ☑ Take a fitness level assessment before and after to measure improvement.
- ☑ Enter the gift basket drawing!

## Program Information:

A fun program to improve your eating habits and fitness level.

Open to adults age 55+.

Weekly nutrition and exercise topics, with simple exercises.

\$20 Class fee includes a step counter and exercise band.

Registration deadline Sept. 12.

**Location: West Allis Senior Center, 7001 W, National Avenue**

**Class size is limited! Pre-registration required.**

**For registration and information, call 414-302-8700.**