



*New Semester
New You!!!*

**Break the diet mentality forever!!
Develop the skills you need to positively
change your lifestyle!**

Weekly Healthy Weight Loss Classes Offered:

Tuesdays: 7:30am - 8:30am **or**
11:00 – 12:00

OR

Thursdays: 1:00 – 2:00

Classes start the week of May 23rd

**FREE to WCU Students and Employees
You Must REGISTER to attend!!!**

To register e-mail Karen Fiorenza, MPH, RD, LDN
nutritionist@wcupa.edu



Sponsored by the Student Health & Wellness Center