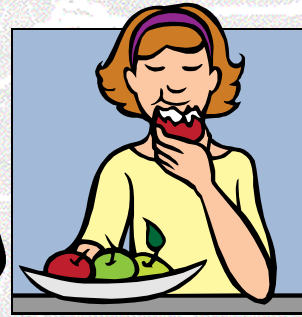


# Step Up & Scale Down

## Adult Nutrition Program

Join us every third Monday of the month for support in staying on track.

**12:00pm – 1:00pm**



**SESSIONS ARE:**

**SEPT 16,**

**OCT 21,**

**NOV 18,**

**& DEC 16, 2013**



**Learn to eat right and live healthy!**

For additional information contact:

Juliet Martinez, RN E-mail: [jmartinez@mhm.org](mailto:jmartinez@mhm.org)

First United Methodist Church

571 Quarry Street, Eagle Pass, TX 78852

Phone: (830) 773-3208

**Plenty of  
Parking  
Available**



*In the heart of downtown Eagle Pass, across the street from fire station; at the corner of Quarry and Monroe Streets.*

**MUST BE 18 YEARS OLD AND UP TO PARTICIPATE. FREE OF CHARGE, MONTHLY WEIGH-INS, BODY MASS INDEX PROVIDED.**

Program Facilitator: Monica Aguirre with Prairie View A&M Cooperative Extension Program.