

## WALK N AND WEIGH



It's January again and everyone is starting to focus on making resolutions for the New Year. If you are looking to make healthier choices this year, we are here to help.

**Walk in and weigh every Monday and Thursday 8am until 9am and 3pm until 4pm at the Diabetes Department in the Buford L. Rolin Clinic.**

During this time you will receive tips and encouragement on your weight loss journey. Call Marsha or Donna for more information, 251-368-9136 ext. 2354 or 2332.