



Advanced Registration Form  
Deadline: January 27, 2012



**Eat Smart, Move More, Weigh Less is a program that will:**

- Explore behaviors that help you achieve and maintain a healthy weight.
- Identify strategies to help you eat smart and move more.
- Show you how living mindfully can help you achieve and maintain a healthy weight.
- Help you create new, lifelong habits!

**Eat Smart, Move More, Weigh Less provides:**

- A friendly, supportive environment.
- Weekly classes every Wednesday for 15 weeks.
- A full-color magazine containing helpful tips, exercise ideas, recipes and a journal.
- An opportunity to celebrate success.

**\*You are welcome to bring a healthy bag lunch\***

**Classes Begin:**

Wednesdays, February 1 – May 9, 2012 @ 11:45am - 1 pm  
Forsyth County Department of Public Health  
799 N. Highland Avenue, W-S, NC 27101

**Program Fees:** \$10.00

**Pre-Registration:**

In order to reserve your space, advanced paid registration is required by January 27, 2012. To pre-register by mail, complete this registration form and mail directly to us.

**Questions:** Call 703-3216 or 703-2853

Co-sponsored by Cooperative Extension &  
Forsyth County Dept of Public Health

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail \_\_\_\_\_

Make Check Payable to:  
Forsyth County Cooperative Extension

Send or Bring Payment & Form To:

Jennifer Brown  
Cooperative Extension  
1450 Fairchild Rd  
Winston-Salem, NC 27105

\*County Employees can send payment & form in interoffice mail to  
Jennifer Brown, Cooperative Extension



A new you is within reach

