



LOSE TO WIN

Classes: June 30 - Sept. 8

Tuesdays, noon - 1 p.m. via Zoom

Call Health Education at (907) 729-2689 to sign up.

Maintaining a healthy weight is the key to preventing many diseases. Lose to Win is a weight management support system with clinical exercise specialists, dietitians, health educators, pharmacists, and peers. The focus is on healthy, active lifestyle changes. You will learn helpful tools to reach your goals, such as:

- Nutrition facts label reading
- Medications and weight gain
- Addressing barriers
- Exercise and weight loss
- Intuitive eating
- Super foods

LOSE TO WIN Summer 2020

June						
S	M	T	W	TR	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
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28	29	30				

July						
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August						
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30	31					

September						
S	M	T	W	TR	F	S
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13	14	15	16	17	18	19
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27	28	29	30			

Meeting ID: 987 2163 4738

Password: HealthEd

Join a Zoom Meeting:

1. Visit Zoom.us in your browser on the day and time of the desired class.
2. Select "Join a Meeting" in the top left corner of the screen.
3. Enter 987 2163 4738 for the meeting ID.
4. Enter the meeting password: HealthEd
5. Connect!