

# We can help you reach a healthy weight!

*Join our nutritionists and set goals for reaching a healthy weight!*

Every Thursday  
11:00 a.m. – 12:00 p.m.

Starting May 31, 2012

Department of Health Promotion  
428 Columbus Avenue  
New Haven, CT

## During the group, you will learn:

- ✓ Small changes you can make to the way you eat
- ✓ Easy ways to add exercise to your day
- ✓ Portion size of foods
- ✓ Healthy choices away from home



Call the Department of Health Promotion with any questions:

**(203) 503-3082**



Cornell Scott  
Hill Health  
Center

[www.HillHealthCenter.com](http://www.HillHealthCenter.com) •   