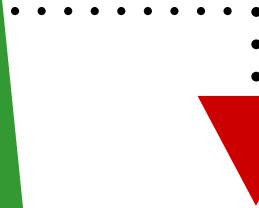


**LOSE WEIGHT**  
**during the**  
**Holidays!**



**HEALTHY WEIGHTS**  
**Weight Loss Program**

6-week program beginning Nov. 5

Registration Deadline: Nov. 3

Fee: \$25.00 \*(\$10 refundable)

\*If all components are completed

For more information please contact Angela Konzen, Fitness Coordinator at [akonzen@stmarytx.edu](mailto:akonzen@stmarytx.edu) or 431-5046.