



TEXAS A&M
AGRILIFE
EXTENSION

ENJOY YOUR HOLIDAYS THE HEALTHY WAY

Maintain No Gain provides motivational tools, healthy recipes, and fitness tips to help you control your weight over the holiday season, a 6-week period when the average American gains extra pounds. Anyone can participate!

WHEN:

Tuesdays from 2:00 – 3:00 p.m.
November 13, 20, 27 and December 4, 11, 18, 2018 and
January 8, 2019 – Celebration
Taught by E. Kay Davis, MS, LD, Lubbock County CEA-FCH

WHERE:

Catholic Charities
102 Avenue J
Lubbock, TX 79401

HOW TO REGISTER:

Call:
Catholic Charities at 806-765-8475
OR
Lubbock County Extension Office at 806-775-1740

CONTACT:

Anna Sullivan, Catholic Charities, 806-765-8475 OR
E. Kay Davis, Lubbock County Extension Office, 806-775-1740
GIFT CARDS AND OTHER PRIZES

Texas A&M AgriLife Extension is an equal opportunity employer and program provider.
Program created by the Texas Department of State Health Services.