



6 Week Weight Loss Challenge

Begins Saturday, February 4, 2012 10:00 am - 11:00 am

Where: Columbia Community Fitness Center

Cost is \$20 (1/2 of participation fee will be paid back to the top 3 losers at the end of the challenge.)

Learn about better nutrition, dining out options, better grocery store shopping tips and much more!

This class teaches tips on better nutrition and is not an exercise class.

Call Jennifer Steele at 517-392-1452 or Kristin Lamb at 734-762-3294 for more information.