

# Want to lose weight?

The Zeta Center is hosting the B'more Fit program on Thursday evenings at 6 pm.  
Each class includes Weight Watchers group counseling and a group workout.

**The cost is \$1/class.**



## You qualify if . . .

- You live in Baltimore City
- Are over the age of 18 - both men and women are welcome
- Are overweight
- Receive public assistance benefits (WIC, SNAP, Medicaid, Student Financial Aid, SSI, etc.)

## How to join

Come to the Zeta Center on Thursday evening between 5:00 and 5:30 pm.  
Space is limited, so sign up soon!

**When** Every Thursday evening

**Where** Zeta Center, 4501 Reisterstown Road, Baltimore, MD 21215

**Questions?** 410-396-9994

[www.facebook.com/B'moreFitForHealthyBabies](http://www.facebook.com/B'moreFitForHealthyBabies)

[www.healthybabiesbaltimore.com](http://www.healthybabiesbaltimore.com)



**weightwatchers**



**FAMILY LEAGUE**  
OF BALTIMORE

**B'more for  
Healthy Babies.**  
*Every baby counts on you*