

*Hocking College
&
Nutrition in Motion present:*

Weigh-to-Go!

Become a healthier you by attending the Weigh-to-Go! Program Right here at your workplace!



NIMNH.COM (603) 518-5859

Take Charge of your Health...

Kickoff Date(s):

August 29, 2013

Program/Class Dates:

**September 16, September 17
September 30, October 1
October 14, October 15**

**To sign-up please contact
Human Resources by
September 3.**



Weigh-to-Go!:

Is a 6-session course covering a wide range of health related topics to help you achieve your wellness goals.

Whether your goal is to lose weight , reduce your risk of chronic disease or just learn how to eat healthier, this class is for you.

By the end of the 3 weeks, you will learn about:

Volumetrics: How to Eat More, and Weigh Less

Metabolism: What is it and ways to improve yours

The Truth About Carbs

Meal Planning techniques that are quick and easy and much more...

Instructor:

Kim Dorval, RD, LD