



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

DID YOU MAKE YOUR HEALTH A PRIORITY?

**A 10 week course of self-discovery,
skill-building and support
to help you learn about weight control.**

☆ ***Starting date and introduction meeting:***

Monday, January 8th 9:30 a.m. at the
Fleming Co. Extension Office.

☆ ***Following weeks:***

Monday mornings starting on
January 22 through March 23rd.

**Each week will feature a nutrition,
physical fitness or wellness lesson with a
Plate It Up, Kentucky Proud recipe tasting.**

***Stay after the session and use the meeting room
for walking and talking.***

**Contact the Fleming County Extension Office to register
by calling 606-845-4641.**

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.