



“It’s All About You!” Wellness Program



A 15-week wellness program designed to promote healthy lifestyles.

Start date:

April 3, 2014 at 5-6 pm (Thursday meetings)

Hoke County Health Department, 683 E Palmer St, Raeford

To register for this meeting: contact Ulva Little at 875-3717 ext. 2106

- Registration fee **\$20.00** (Educational notebooks & supplies)
Total value of the program is over **\$700.00**.
- **To celebrate the new you, there will be a grand finale in June 2014!**

This program has been offered in the County since January 2009. Participants who have been enrolled in the program lost pounds, made healthy lifestyle changes that will lead to increased longevity, greater productivity and improved quality of life.

For additional information contact:

**Shirley Smith, Family & Consumer Sciences Agent, Hoke County Cooperative Extension at 875-2162 or
Ulva Little, Health Educator, Hoke County Health Center at 875-3717 ext. 2106**

