

# EMPOWER

**Live healthy**  
take control and  
achieve your personal  
**WEIGHT GOALS**



Participate in our eight-week **EMPOWER** program to support a healthy, sustainable weight:

- Track your progress with beginning, midpoint, and final body composition analysis
- Set realistic and attainable personal goals
- Receive health, fitness, and nutrition guidance, including meal portion sizes
- Participate in support group interaction

Location:

Date:

Time:

To Register:

**Capital BLUE** 



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