

# The Senior Center of the Chathams is Offering a Wellness Program **Free** to Morris County Residents



**Eat Smart, Move More, Weigh Less** is a 15-week, **online** weight management program delivered live by Registered Dietitian Nutritionists (RDNs). This evidence-based program was developed by North Carolina State University and the NC Division of Public Health and uses strategies proven to work for weight loss and maintenance. Each week's lesson is delivered in an interactive, real-time format with a live instructor and informs, empowers, and motivates participants to live mindfully as they make choices about eating and physical activity. One-on-one support outside of class is provided. Participants attend classes from home or their office using a computer or mobile device so access to one of these devices is necessary. This is a **free** program available to residents of Morris County ages 60 or older. Call the Senior Center at 973-635-4565 if interested in registering. Learn more about the program at: [www.esmmweighless.com](http://www.esmmweighless.com)

## *During the program, participants:*



## *15 weekly sessions teach participants to:*

