



SCALE FOR WOMEN

SUSTAINABLE CHANGE AND
LIFESTYLE ENHANCEMENT

FREE 6-WEEK WEIGHT LOSS, NUTRITION, HEALTH &
WELLNESS PROGRAM FOR WOMEN 18-55 IN WICOMICO
AND SOMERSET COUNTY

Virtual or in-person sessions with your church group, office
mates, and other small groups.

Day and Evening Classes Available. Contact for Details.

WHAT'S INCLUDED?

- Health Coaching/Accountability & Group Support
- Nutrition education
- Physical activity sessions
- Cooking demonstrations



For more information contact:

Somerset County Health Department
443-523-1700 or email: kalia.wight@maryland.gov



Public Health
Promote. Protect.

Somerset County
Health Department

Funded by Community Health Care Resources Commission