



“Thin For Life”

Rutherford County's GetRutherFit introduces a new weight management class. This class will focus on changing lifestyle habits. We will read this highly acclaimed bestseller by award winning nutritionist Anne Fletcher. This book explores the 10 Keys to Success to lose weight and keep it off!

This class will meet weekly for discussion and group support. Employees and spouses covered under the Insurance Plan may join. The session will be from March 2, 2010 through May 25, 2010. We will meet Tuesdays from 4:45-5:45 in the Planning Building on the square in Murfreesboro.

There is a \$50.00 sign up fee for participants. Please bring the fee in cash as we will be unable to accept checks. You will receive a receipt of payment and a refund upon completion of the course. Participants will receive a Thin for Life kit which includes three books and a day journal.

Please join us for an informational meeting on February 16, 2010 at 4:45 at the Lane Agri Community Center (Farmer's Market) 315 John Rice Boulevard Murfreesboro, TN.

Please email getrutherfit@rutherfordcounty.org or call 494-4480 with any questions.



See you there!