Wewu Cooperative Extension
NC State University Cooperative Extension is the outreach arm of the Experiment Station and College of Agriculture.

Make Check Payable to: Dare County 4-H Council

Deadline: January 20, 2009

Advanced Registration Form

Questions: Call Amanda Mead @ 252-473-4290

is within reach

A new you

Mail To: Dare County Cooperative Extension Agent
P.O. Box 966
Manteo, NC 27954

c/o Amanda Mead, Extension Agent

In order to reserve your space, advanced pre-registration is required by January 20, 2009. To pre-register by mail:

Program Fees:
$45.00 Placement Fee: $30.00

Class held at: Extension Office in Manteo
12:30 - 1:30pm
Tuesday, January 27th - April 28th, 2009

Class begins:

An opportunity to celebrate success. A journal of reaching your progress. Healthy food samples and demonstrations.
A little color magazine containing helpful tips, exercise ideas. A handy support environment.

Eat Smart, Move More, Weight Loss Program:
Help you create new, lifelong habits. Show you how living mindfully can help you achieve and maintain a healthy weight. Identify strategies to help you eat smart and move more. Identify behaviors that help you achieve and maintain a

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