



“LOSE TO WIN!!!”

**“KEEP WINNING”
8 WEEK CONTINUE ON PROGRAM
Tuesday’s 7pm to 8pm
July 6 to August 24th**

**Meetings are held in the Greenknoll Annex
(Located in the Brookfield Medical Building)
*Boughton Street and Greenknoll Members Welcome***

Tuesday, July 6

Reviewing and setting new goals, new cardio/strength diaries. Discussion: Staying or Getting Back on Track.

Group members will select topics for 8 week session

SIGN UP AT THE FRONT DESK (203) 775-4444 PRESS 9.