


F.I.T.

Friends in it Together

A free weight management program for Rockcastle Regional Hospital employees.

**Meets Tuesdays • January 17 – April 3
4 p.m. Weigh-in • 4:30 p.m. Education
3rd Floor OSC • Education Center**

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- Jan. 17** Accessing the tools you need for success – you can do this! (Lindsay Gabbard)
- Jan. 24** The other important factor: Increasing your activity! (James Messer)
- Jan. 31** Behavior modification: It's not a diet; It's a lifestyle! (Betty Purcell)
- Feb. 7** Reviewing food labels: Grocery shopping explained! (Lindsay Gabbard)
- Feb. 14** Know your Numbers: How healthy are you? (Tammy Brock)
- Feb. 21** Recipe Modification: Give your favorite dishes a healthy twist! (Lindsay Gabbard)
- Feb. 28** Dealing with stress: Why am I eating? (Betty Purcell)
- March 6** Eating out the healthy way: Eat this, Not that! (Lindsay Gabbard)
- March 13** Weight Maintenance: How to keep it off! (Lindsay Gabbard)
- March 20** Obesity & Your Health: What's the connection? (local doctor/nurse)
- March 27** Diabetes: Are you at risk? (Teresa Blair)
- April 3** Progress Made – We've come a long weigh! Let's keep it up! (Lindsay Gabbard)

**Contact Lindsay (ext. 5116), Betty (ext. 7704)
or Arielle (ext. 7880) with questions.**