

ADRC of RACINE COUNTY IS OFFERING  
A NEW WELLNESS INITIATIVE

# GET HEALTHY WITH EAT SMART, MOVE MORE, WEIGH LESS ONLINE



NEW SERIES STARTS SOON - SIGN UP TODAY!



[www.esmmweighless.com](http://www.esmmweighless.com)

Check it out—a 15-week weight management program that works because it is not a diet—it's a lifestyle!

All weekly classes are conducted online by a live instructor, fostering interaction between the instructor and all participants.

Participants can conveniently attend classes from home or office using a computer or mobile device.

***ADRC of Racine County is covering the full cost of the program.***

All participants must be Racine County residents and over 60+ years of age.

To register, please contact Taylor Scherer at [taylor.scherer@racinecounty.com](mailto:taylor.scherer@racinecounty.com)