



The Center Helping Obesity In Children End Successfully  
PRESENTS

# Sisters in the L.I.T.E.

Young Women in a Lifestyle Intervention Teaching Exercise Program

## FUN FITNESS CHALLENGE

### MOTHERS & DAUGHTERS EDITION

Get fit, have fun & make new friends in Kennesaw  
in a 12 week fitness & nutrition program!

Are you a Mom with a plus sized Daughter  
between ages of 12 and 24?

Plus-sized Volunteers are also needed as Mentors.

*Plus-sized is a Body Mass Index (BMI) of 26 or higher.*

**LIMITED SPACE. REGISTER TODAY!**

Every Saturday, 11:30am - 1:00pm  
January 14, 2012 - March 31, 2012

Ben Robertson Community Center  
2753 Watts Drive, Kennesaw, Georgia 30144

\$25.00 per participant. Registration is required.  
Some scholarships available.

Got questions? Call: 678.819.3663  
Or email: [info@ChoicesForKids.org](mailto:info@ChoicesForKids.org)  
C.H.O.I.C.E.S. is a nonprofit organization.

