



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

BIGGEST LOSER 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. NOW ENROLLING!

Starts Saturday, September 24, 2011
10:00am - 11:30am

With NASM Certified Personal Trainer & Billy Blanks® Certified TAE BO Instructor Cece Evans.

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

By telephone: 678.819.3663
By email: info@ChoicesForKids.org
C.H.O.I.C.E.S. is a nonprofit organization.

