



Keep your New Year's Resolution

*Would you like support losing weight?
If so come join us for ABC's
8 Week Weight Loss Support Group.*

This group will focus on all areas of weight loss including nutrition, to assure success in meeting personal weight loss goals.

**Location: Community Connections
10004 E. Colfax Ave.**

**Every Monday for 8 weeks
Beginning February 6, 2012; 10:00-11:30.**

**For more information and to register please
contact: Joe Gear at 720-490-4461**