

Health *Prevention* Wellness

Join us for a
Lifestyle
Change

FREE

Looking to lose weight, prevent diabetes or simply make better health decisions/food choices?

JOIN US

- CDC's Lifestyle Change Program
- Built in Activity Time
- Guest Speakers
- Taste tests and cooking demos
- And more

**Pre registration required
Sign up today for 2026!**



Tuesdays 4-5pm

1st class January 6th

- *Meets Weekly January- April*
- *Meets twice a month May- July*
- *Meets Monthly August- December*



IF YOU ARE AN INDIVIDUAL WITH A DISABILITY
AND NEED AN AUXILIARY AID OR SERVICE
PLEASE CONTACT TAMARA AT 575-622-3210



BE BOLD. Shape the Future.
New Mexico State University

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