

# 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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