

Lighten Up

Isn't it time to make a change for the better?



Are you constantly eating convenience food but feeling guilty about it?

Does it seem like you don't have any time to prepare meals?

Do you think it is too expensive to eat healthy?

CommonHealth can give you some great tips to keep your body and wallet a little bit lighter!



All TLC participants will receive an incentive!

Date: _____ Time: _____ Location: _____



www.commonhealth.virginia.gov/tlc

