

**Register Today!**



building healthy families

**NEW Locations**

Kearney  
Broken Bow  
McCook

## **A family centered approach to weight loss with proven results**

- 12 Week program designed for families of overweight children.
  - **Monday evenings from 6-7:30**
  - **Designed for the entire family to attend**
- Nutrition education, behavior modification, physical activity
- Interactive physical activity games and education for young children and adults



**For more information  
or to register call  
865-8336 or go to  
[www.unk.edu/pawl](http://www.unk.edu/pawl)**

**Informational Meeting  
Monday February 15, 2015  
6pm at UNK, McCook Sr High,  
Mid-Plains CC Broken Bow  
Preregistration required**

**Limited Space Available!**

**UNK**

UNIVERSITY OF NEBRASKA KEARNEY

rural futures  
INSTITUTE

at the University of Nebraska