



News Release

Date: December 27, 2019

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Step Up & Scale Down

Texas A&M AgriLife Extension Service office is launching Step Up & Scale Down, a 12-week weight management program. The Step Up & Scale Down program is based on the USDA 2010 Guidelines, which are intended to help Americans choose a healthful eating plan.

The program consists of weekly lessons to help participants move toward a healthier weight and includes a weekly weight check-in, weekly challenge to “stay the course,” Dinner Tonight! healthy recipes and tips, exercise resources, and a weight-loss planner.

The series will kick off Wednesday, January 22nd from Noon to 1:00 p.m. Classes will be held at the Texas A&M AgriLife Extension Office located at 4224 Cobbs Dr., Waco, TX 76710.

Cost for the 12-week program is \$35.00, which includes all course materials.

To register for this class or if you have any additional questions, please call the office at (254) 757-5180 or email colleen.foleen@ag.tamu.edu.