



# Free, Online Weight Loss Program for Ages 60+ and Family Caregivers



## **Progress Portal:**

Delivered in an interactive online format. Tablets are available to borrow for the duration of the program, if needed.

## **1-on-1 Support from a Registered Dietitian:**

They're trained to effectively engage and empower participants in and outside of class.

**Interactive, Motivational and Inspirational:** 91% of participants are very satisfied, and 96% indicate they would recommend the classes to others.

## **Evidence Based:**

Eat Smart, Move More, Weigh Less program outcomes are published in peer-reviewed journals.

**To get registered, call us at (833) 262-2200, email [wellnessprograms@ageways.org](mailto:wellnessprograms@ageways.org), or scan the QR code with a smartphone.**



*Available to older adults and family caregivers in Michigan within Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties.*