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Deadline is 3 p.m. the day before publication



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Centers for Disease Control. "Breastfeeding Frequently Asked Questions (FAQs)." January 24, 2019. <https://www.cdc.gov/breastfeeding/faq/index.htm>

BOOKKEEPING/WRITEUP

Accurate record-keeping is essential to a successful business yet can also be complicated and time consuming. Carolleen Lovell can help you with the organization and day-to-day tasks of bookkeeping so that you can focus on your core business.



CAROLLEEN LOVELL
Certified Public Accountant, LLC
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- Tracking – Get a handle on your eating and activity behaviors with LifeSteps® unique FOOD AND ACTIVITY RECORD. This powerful, proven weight loss tool helps you uncover and discover your specific behaviors that hinder your progress.
- Goal Setting – Make deliberate, step-by-step changes to reach your lifestyle and weight loss goals.
- Social Support – Stay motivated because you're part of a group that struggles with similar issues, gives you positive reinforcement and shares common goals.
- Set Yourself Up for Success – Learn strategies and skills for handling eating out, parties, celebrations, emotions and food saboteurs for now and the future.
- More than Weight Loss – Improve your health and reduce your risk for diabetes, high blood pressure and other chronic diseases.

About the Program

- Individual assessment prior to start of class
- 14 interactive group sessions
- Maintenance sessions available once the program is over

SPACE IS LIMITED.
CALL TO REGISTER BY FRIDAY, AUGUST 9
Orientation (required):
Thursday, August 15 from 5:30-6:30 PM.

Class Time:
Thursdays 5:30-6:30 PM August 29 to December 5.

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