

**PRESS RELEASE
ISSUE DATE: FOR IMMEDIATE RELEASE**

WEIGHT MANAGEMENT CLASS

Get the tools you need to attain your weight loss goals with the City of Arroyo Grande Recreation Division's new Weight Management Class. The program includes an education and activity component each week, so come ready to exercise. Learn how to determine your nutritional needs to lose weight. The class will also cover body fat analysis, interpreting food labels, portion size review, and fundamentals of fitness. Each participant will receive a personalized weight management plan from instructor Anne VonRueden who is an A.C.E. Certified Lifestyle and Weight Management Consultant.

Classes are open to ages 16 years and older. The three sessions being offered are January 20 – February 10; February 17 – March 10; and March 17 – April 7. The cost is \$70 for each four-class session. Early registration is encouraged to be sure minimum enrollment is met. Register online at arroyogrande.org or in person at Arroyo Grande Recreation office at 1221 Ash Street. For more information call 473-5474.

**FOR ADDITIONAL INFORMATION, CONTACT:
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/s/
**DOUG PERRIN, DIRECTOR
RECREATION & MAINTENANCE SERVICES**

Date: 1/8/10

**APPROVED: /s/ Steven Adams
STEVEN ADAMS
CITY MANAGER**