



**STEP UP**  
SCALE DOWN

## **IN 12 LESSONS, STEP UP TO A HEALTHY YOU.**

### *Introducing the Step Up, Scale Down Program*

In just 12 weeks, find the path to better health through this course based on the USDA Dietary Guidelines and scientific research. Form habits to help you maintain a healthier weight, stay active, and reduce your risk for chronic diseases!

Registration opens November 23rd, 2017

Online course begins January 8th, 2018

Register at the website below

Get started today: [stepupscaledown.org](http://stepupscaledown.org)

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