

# Moving Rowan the Healthy Weigh!

**Rowan Regional  
Medical Center**



REGIONAL MEDICAL CENTER

*Remarkable People. Remarkable Medicine.*

Located in the Linn  
Classroom  
4th Floor of Tower A

**Call  
704-210-5412  
to register!**

## **Fall into healthy habits with us!**

Join Michelle Musselwhite, RD, LDN and Courtney Troxler, ACSM-CES, as they discuss nutrition, exercise, goal-setting and behavior modifications to help you lose weight and feel great!

Our 10-week program will give participants a chance to create healthy habits in a relaxed and comfortable setting while having fun.

Tuesdays beginning September 1, 2009  
4:30 to 5:15 p.m. (10-week program)  
Cost: \$125