

**For Immediate Release  
February 10, 2011**

**Lifestyles Medical Fitness Center to offer a LEARN Weight Management Program**

**(Washington, N.C.)** – Lifestyles Medical Fitness Center is dedicated to helping its members and the local community achieve their health and fitness goals. Please join us as we offer our 8 week LEARN program focusing on weight management. This program will help you manage your weight permanently by making gradual lifestyle changes that last a lifetime, while having fun in an encouraging and motivating group atmosphere.

The LEARN program starts February 28<sup>th</sup> and will take place every Monday through April 18<sup>th</sup>. It will meet at the Lifestyles classroom from 4:00pm – 5:00pm.

The cost is \$50.00 for Lifestyles members and \$100.00 for the public. Lifestyles Medical Fitness Center is located at 1375 Cowell Farm Rd in Washington. For more information or to register call Lifestyles at 975-4236.

###