

# Do YOU want to LOSE WEIGHT? ...AND KEEP IT OFF?



- You can lose weight through behavioral lifestyle changes in diet and physical activity
- Learn skills to maintain weight loss
- Classes held in your local community
- No charge to participate if you are eligible
- 16 Month Research Study

**FIND OUT if you are eligible to participate and learn more about HEALTHY Ways.**

**CALL: (501) 526-6654 (anytime)  
1-888-729-2756 (toll free)**

**Email: [healthyways@uams.edu](mailto:healthyways@uams.edu)**

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