

# NEW: A Free Weight-Loss Support Group

A new, member-developed weight-loss support group will be held every Thursday at 7 pm here at Fitness Stylz. The group, which meets downstairs in the Play Skillz room, is free and open to the public, without membership obligation or promotion.

Obesity has become a pandemic, causing an alarming surge in related health problems such as diabetes, heart disease, hypertension and depression. Many local people are struggling with these problems, but are unable to afford weight-loss products and services.

The free weight-loss support group is the brain-child of some Fitness Stylz members, all of whom agree on the basic idea that weight-loss is not rocket science and does not have to be expensive. They believe that most people know what they should do to lose weight, but aren't doing it yet. The support group is intended to offer a

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# Happy (December) Birthday!



- Saturday, December 2: Debra Timberlake
- Sunday, December 3: Angela Johnston
- Monday, December 4: Cindy Place, Holly Richards
- Sunday, December 10: Marjorie Merrill
- Monday, December 11: Kenneth Pelletier
- Thursday, December 14: Peter Bussiere
- Sunday, December 17: Carolyn Fast
- Tuesday, December 19: Shawn Barclay, Brenda Drake, Sharon Searles
- Thursday, December 21: Kristy Labonte
- Friday, December 22: Nick Rehagen
- Saturday, December 23: Kayla Gordon, Amanda Jewett, Donald Salm
- Sunday, December 24: Dale Farrar, Mike White
- Monday, December 25: Pete Grover
- Tuesday, December 26: Thomas Richard
- Monday, December 31: Michaela Kavanah

## Fitness Stylz FIT NEWZ

Fit Newz is a free publication of Fitness Stylz Community Fitness Center, 17 Depot Street, Livermore Falls, Maine. We invite members to submit news for our monthly issues... from an upcoming birthday to your fitness progress, or any other items of interest. Contact Leslie with your news: [LeslieLBull@yahoo.com](mailto:LeslieLBull@yahoo.com)

KEIRAN CHIROPRACTIC, P.A.

Chiropractic can improve your overall well-being and performance.

**Release your potential.**

1 Depot Street ~ Livermore Falls ~ 897-2332

## Gym Dandy

by Esby



Milk & cookies takes its toll... I was *always* getting stuck in chimneys! Thank goodness someone gave me A Fitness Stylz gift certificate!