



DSAJ Wellness and Fitness Program

DSAJ is proud to once again offer the Weight Watchers Approach to those with developmental disabilities. Join us for a 12 week program designed specifically for you.

When: Tuesday, February 21, 2012

Time: 4:00pm – 5:30pm

Where: Weight Watchers Center, 1531 Monument Road

Your cost* for the 12-week session is \$65 for those with Down syndrome and other developmental disabilities. The DSAJ will fund the remaining cost. This will be an ongoing program should you choose to continue after your first 12 week session.

Weight Loss builds on healthy eating, regular physical activity, behavior modification and support.

* Fee must be paid in full prior to start/non-refundable

Contact Debbie Revels on 904-353-6300 for more information