



**Achieve and maintain your goal weight, energy, and fitness.  
You can learn how to enjoy food and manage your weight during  
the holidays!**

**Join Jenifer Swartzentruber, M.S., bilingual Registered Dietician  
& C.D.E., for the following workshops:**

- **November 16th**
- **December 14th**
- **January 11th**

**Santa Rosa Formal Lounge 12:05pm – 12:50pm.**

**Jenifer will be available from 12:50pm - 1:00pm to answer your questions!**

**Program ends the week of January 11th.**

**Complete the 8 week challenge and be eligible to win a bike!**

**Can't make it? Just email Leslie at [lesliecramirez@ucsb.edu](mailto:lesliecramirez@ucsb.edu) and  
you'll receive weekly tips that will help keep you on track or call  
x2870!**

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