

# Krewe de Lose



Mon 5:15-6:30PM or Wed 11:00AM-12:15PM

Rosenwald Rec. Center

1120 S. Broad St (downtown side under Broad St bridge)

Thurs 12:15 – 1:30PM

Broadmoor Improvement Association

3900 General Taylor St

*Fall 2017 Session Dates:*

## Get Support + Get Fit + Gain Health

- Oct 2/4/5 **Getting Started**
- Oct 9/11/12 **Nutrition 101**
- Oct 16/18/19 **Food Labels**
- Oct 23/25/26 **Meal Planning**
- Oct 30/Nov 1/2 **Cooking Demo!**
- Nov 6/8/9 **Calories and Portions**
- Nov 13/15/16 **Mindful Eating**
- Nov 20/22/23 **Off—Thanksgiving**
- Nov 27/29/30 **Seasonal Eating**
- Dec 4/6/7 **Movie Night**
- Dec 11/13/14 **“Put it into Practice”  
Event/Guest Speaker**

## Why join Krewe de Lose?

- ❖ Do you want to have fun and make friends while losing weight?

Join us in learning how to eat healthy and lose weight together in a supportive, peer-led group focused on sustainable lifestyle changes.

**Krewe de Lose is FREE and open to the public**

- f Don't forget to join our Facebook group and get text msg updates!

Questions?

Contact Elizabeth: [ebobo@tulane.edu](mailto:ebobo@tulane.edu) or 504.988.9354

❖ MOTIVATION  
+  
INSPIRATION

❖ Community Garden

❖ Group Fitness Opportunities

❖ Guest Presenters

❖ FREE recipe demonstrations, helpful handouts

❖ Surprises for participation!

