

Free Classes!

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Weight loss challenge

Come join us at the Hidalgo County Precinct 2 Alamo Resource Center to improve your health with diet, education, and exercise. Get ready to lose weight and feel years younger. This is a 12 week challenge that will start from September 30, 2019 through December 20, 2019. Nuestra Clinica Del Valle is partnering with Driscoll Health Plan to bring you this wellness challenge to close the year in a spectacular way and go in to the next year as a healthier community.

Where: Alamo Community Center 1429 S. Tower Rd. Alamo, Tx 78516

When: Monday, Wednesday, and Friday from 8:30 AM to 9:30 AM.

- ◆ Free exercise classes
- ◆ Cooking demonstration by a Driscoll Health Plan Nutritionist
- ◆ Certified ACSM trainer
- ◆ Fun environment
- ◆ Create healthy habits that will last a lifetime

**Prizes
for 1st,
2nd, and
3rd
place**

