



Mission Meltaway
promotes healthy living,
NOT deprivation.

Broome County Office for Aging
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Mission Meltaway

A team approach to
weight loss through healthy
nutrition and increased
physical activity.

Call 778-2411 for more
information.

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 **Broome County
Office for Aging**



Mission Meltaway is a program designed to use a team approach to promote healthy living. We stress making practical life changes.

One of the best aspects of the program is that you're not on your own! Participants are part of a team who work together and support one another's efforts to be healthier.

People meet weekly for 8 weeks. The program offers discussions and education sessions on how to achieve a healthy lifestyle.

By joining Mission Meltaway you will:

- Be invited to a "Kick-off Bash" and "Ending Bash."
- Receive special incentive awards.
- Become part of a team of people who are interested in being healthier.
- Receive a meal planning guide with a daily menu plan.
- Receive additional nutrition, exercise and motivational tips.

Mission Meltaway can be conducted any where in the community. Businesses, churches, schools, and senior centers are just a few places.

Call if you would like to join a community program or if you want to be trained to run your own Mission Meltaway program.

For more information call the Broome County Office for Aging at 607-778-2411.

Remember...
the only cost is your commitment to being healthier.

