



A 12-week curriculum to help you achieve your healthy lifestyle goals!

Step Up Scale Down (SUSD) is a 12-week education program based on the 2020 to 2025 United States Department of Agriculture (USDA) Dietary Guidelines, which are intended to help Americans choose a healthful eating plan within their calorie requirements to achieve and maintain a health weight. The Dietary Guidelines provide sound scientific information about how proper dietary habits can promote health and reduce the risk of major chronic diseases.

Class Sessions

- Scale Down by Setting Goals
- Step Up to a Healthy Plate
- Scale Down by Reading Labels
- Step Up to Breakfast and Menu Planning
- Scale Down with Moves to Lose
- Step Up your Hydration
- Scale Down by Finding Your Motivation
- Step up to Healthy Snacking
- Scale Down a Colorful Plate
- Step Up to Successful Socializing
- Scale Down by Knowing Your Numbers
- Step Up and Celebrate

Class Information:

Every Monday for 12 weeks,
beginning Monday February 21, 2022
5:00pm
First United Methodist Church
405 West Sinton Street, Sinton

For additional information or questions, please contact:

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