

## Self-Care, Activity, and Nutrition

- S.C.A.N. is a weight management program run and designed by Alumna Kelley Coffey, a formerly obese smoker who has become fit and motivated and can help you to do the same!
- The 6 week program will introduce a new topic every week to help you achieve healthier eating and living habits
- Thursdays 7-8:30pm
- Dates:  
March 27<sup>th</sup>, April 3<sup>rd</sup> and 24<sup>th</sup>, and May 1<sup>st</sup> in CC 103  
April 10<sup>th</sup> and 17<sup>th</sup> in Ainsworth Classroom 150

Email Kelley with questions  
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