



Scale Back Alabama 30 Sec PSA

When it comes to helping you lose weight and make some healthier lifestyle choices, Scale Back Alabama is adapting to meet you where you are, on your terms.

Scale Back Alabama is coming back in 2021 with some new, exciting changes – and more options – to help you meet your goals and improve your health. The new program kicks off in March, but as always, it’s free, provides healthy lifestyle tips – and there are cash prizes.

In 2021, be prepared to Scale Back Your Way!

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