



STATE OF ALABAMA DEPARTMENT OF
PUBLIC HEALTH

SCALE BACK ALABAMA (30 SECONDS)

Are you looking for an easy way to help drop some of the holiday pounds that you've gained? I may have just the weight loss tool that you are looking for.

Scale Back Alabama is a statewide weight loss competition, and it kicks off in January. The ten week program is free, provides healthy lifestyle tips – and there are cash prizes.

Learn more and sign up online at scalebackalabama-dot-com.

**For more information, contact: Ryan Easterling
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