



Scale Back Alabama 30 Sec PSA

It's almost time for Scale Back Alabama 2021, and a new year brings some new and exciting changes!

The statewide weight loss campaign kicks off its ten-week challenge next month! It's still free for participants, and still provides healthy lifestyle tips, but you'll have more opportunities to set your own wellness goals, track your progress, and live healthier on your own terms. There are also more chances to win prizes!

Registration is open now, and runs through the 28th, so join us, and scale back your way!

To learn more and sign up today, visit ScaleBackAlabama-dot-com.

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