

# **WEIGHT LOSS DIRECTORY**

## **EAT SMART, MOVE MORE, WEIGH LESS CLASS**

North Carolina Cooperative Extension  
193 Thomas Heights Road  
Franklin, NC 28734  
(828) 349-2048  
Contact: Sherrie Peeler

This program is a series of 15 classes that are offered continuously.

## **OVEREATERS ANONYMOUS**

First United Methodist Church  
66 Harrison Avenue  
Franklin, NC 28734  
(828) 508-2586  
Contact: Julia

Sunday at 5:00 PM

## **TOPS – (Take Off Pounds Sensibly)**

First Presbyterian Church  
38 Church Street  
Franklin, NC 28734

Tuesday  
Weigh-in at 5:00 PM  
Class at 5:30 PM

## **WEIGHT WATCHERS**

Franklin Square Mall  
672 Highlands Road – Suite 272  
Franklin, NC 28734

Monday - 5:30 PM  
Tuesday - 10:00 AM  
Saturday - 9:00 AM