

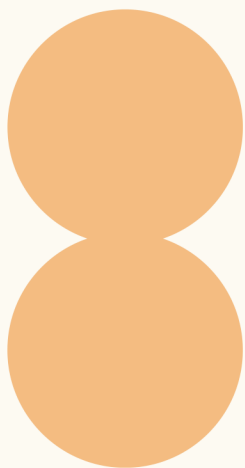
# Overcoming Obesity:

START SMALL, LOSE BIG

Scott Peterson began his journey when he weighed over 310 pounds. He was morbidly obese and worn down waiting for that magical moment of inspiration to change. Tired of diets, false starts, gimmicks and motivational books, he needed a lasting pathway out of his dilemma.

To sell weight loss as an easy change is disingenuous and destructive. By sharing his ongoing weight loss and fitness journey, including some soul-baring honesty, his goal is to give you some hope and a different way of looking at how you can own and celebrate your fitness journey.

Scott describes himself as 'average' and 'not special' but few can lose the weight and keep it off. He may have some ideas that can work for you.



**Tuesday, February 27th**  
**12:00 – 1:00 PM**  
*In the Conference Room*

**PLEASE SIGN UP AT THE SERVICE DESK**

For more information or to register,  
contact the Service Desk: 707.528.2582

**FREE TO MEMBERS.**  
**GUEST FEES APPLY.**