

SCALE BACK ALABAMA COORDINATOR TRAINING

Satellite Conference and Live Webcast

Tuesday, September 30, 2014, 10:00-10:30 a.m. (Central Time)

11:00-11:30 a.m. (Eastern) • 9:00-9:30 a.m. (Mountain) • 8:00-8:30 a.m. (Pacific)

Scale Back Alabama is a statewide weight-loss program designed to help Alabamians eat less and move more. Scale Back Alabama is geared toward adults and is primarily operated with the help of local employers, hospitals and health departments. Each organization appoints one person to serve as the coordinator for the program, and starting this year, individuals will compete on teams of two to win the chance at cash prizes. Since the first contest in 2007, Alabamians have lost more than one million pounds and started thousands of healthy habits! Program faculty will provide important information regarding the new and improved competition to individuals who want to support the SBA program by coordinating individual participation in their workplace, school, church, gym, or other community organization.

Scale Back Alabama is Sponsored by:
Alabama Department of Public Health,
Alabama Hospital Association and Blue Cross and Blue Shield of Alabama



Scale Back Alabama is designed to address the state's challenge with obesity; however, we caution individuals to check with their health care provider before beginning a new exercise or diet regimen.

CONFERENCE DETAILS:

Target Audience: Anyone in Alabama who wants to volunteer as the SBA Coordinator for their workplace, school, church, gym, or other community organization

Continuing Education: None for this program

Registration: Not required

Technical Information: To receive complete technical information go to Course Details at www.adph.org/alphn or www.scalebackalabama.com

Satellite - Live satellite conference on C band (analog).

Webcast - Watch with RealPlayer or Windows Media Player. Test your computer with the "test connection link" at www.adph.org/alphn

Audio - To listen by phone, call 1-888-557-8511. Enter access code 972-1530 #.

Press # again to listen to the conference.

On Demand - Available 2-3 business days after the live broadcast from the On Demand page of our website and at www.scalebackalabama.com

Conference Materials: Posted on our website approximately one week before the program

Conference Details Questions: If you have questions or comments about Scale Back Alabama, send us an email to info@scalebackalabama.com.

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