

# Healthy Weight Week



**January 19 – 25, 2014**

*Celebrating healthy diet-free living habits that last a lifetime  
and prevent eating and weight problems*

**Healthy Weight Network**

[www.healthyweight.net/hww.htm](http://www.healthyweight.net/hww.htm)

**For Information and Resources contact:**

**Connecticut Clearinghouse**

**[www.ctclearinghouse.org](http://www.ctclearinghouse.org) or call 1.800.232.4424**



**CONNECTICUT  
Clearinghouse**  
a program of the Connecticut Center  
for Prevention, Wellness and Recovery

