

# Shiver Off the Pounds

## NEW YEAR'S WEIGHT LOSS CHALLENGE

Staff \$20.00 to join. Cash Prizes for top 3 winners.  
(More people = bigger prizes!)

People Served free to join. Prizes for top 3 winners.

Initial weigh in is on Thursday January 2nd  
from 12:30p - 1:30p in the Fitness Center.

Additional weigh ins will be held...  
Jan 14th, Jan 28th, Feb 11th, Feb 25th, March 11th  
with a final weigh in March 25th.

All weigh ins will be held in the fitness center  
from 8:am - 8:30 am and 12:30p - 1:00p.



**MARC Inc.**  
**Wellness**

Winners will be announced at the end of March.  
Please contact Amanda Moore with any questions.