



MARC Inc.
Wellness

2026

NEW YEAR'S WEIGHT LOSS CHALLENGE

STAFF \$20 TO JOIN
PEOPLE SERVED FREE

INITIAL WEIGH IN WILL BE ON
TUESDAY JANUARY 6TH.

ADDITIONAL WEIGH INS WILL BE HELD
1/20, 2/3, 2/17, & 3/3
WITH A FINAL WEIGH IN ON MARCH 17TH.

ALL WEIGH INS WILL BE IN THE
FITNESS CENTER
FROM 8:00 AM - 8:30 AM

PLEASE SEE AMANDA MOORE TO SIGN UP.