

Lighten Up!

Weight Management Program

A 7 day-a-week guide to lightening your load!

8 Week Wellness Program

Start: January 6th, 2014

****Weigh in with your Wellness Champion during the last 2 weeks of December****

End: March 2nd, 2014

****Weigh out with your Wellness Champion during the last week of the program****

Booklet turn-in: By March 7th

What are the prizes?

To Be Determined!