

A New Year,
A New You!

Let this be the year you
achieve your weight loss
goals!



January – February 2024

Well@Work

presents a

7-Week Weight Loss Challenge

During this challenge, participants will weigh in three times and the top female and top male employee with the largest percentage of weight loss will each win a

\$50 gift card

More information on weigh-ins will be provided upon registration.

To register, call 587-8280 or email meagancagle@jacksonnc.org by
December 15, 2023