
**A NEW YEAR,
A NEW YOU**



January – February 2022

LET THIS BE THE YEAR YOU ACHIEVE
YOUR WEIGHT LOSS GOALS.

Well@Work
presents a
**7-Week Weight Loss
Challenge**

During this challenge, you 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 587-8238 or email janellemesser@jacksonnc.org
by Friday, January 7, 2022
