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**A NEW YEAR,  
A NEW YOU**



**January – February 2023**

**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](mailto:janellemesser@jacksonnc.org)  
By December 16, 2022

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