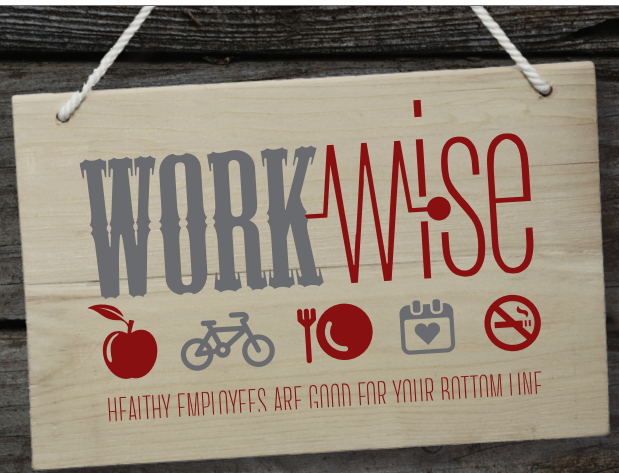


A New Year, A New You



January - February 2020

LET THIS YEAR 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 two (2) employees with the largest percentage of weight loss will each receive a \$50 financial reward. More information on weigh-ins will be provided upon registration.

To register, call

631-8033

or email laurarodi@jacksonnc.org

by Dec 20, 2019

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