

Maintain Don't Gain

Holiday Weight Challenge 2017

Weigh In before Thanksgiving & Weight Out in January
Tucson – Weigh In November 14, 10:30 – 11:30am Room 179

OR

Send us a completed Maintain Don't Gain Participant Form
verifying your weight

Weigh In & Weight Out = 1 entry ticket

Weight Out & Maintain Weight within 2 lbs. = 1 entry ticket

Lose 3 or More Pounds = 1 entry ticket

For a chance to Win Great Prizes!

** Tickets are electronic submissions into the drawing.
The more tickets you earn the better chance of winning!

