

Maintain, Don't Gain



HOLIDAY CHALLENGE

November 21st-January 2nd

Every Tuesday,

12:00pm-1:00pm

Erwin Library

110 W F St

Erwin, NC

or

Every Tuesday,

5:30pm-6:30pm

Boone Trail Community Center

8500 Old US 421

Lillington, NC

The Holiday Challenge is a **FREE six week program that includes:**

- Weekly nutrition sessions
- Weight checks
- Newsletter full of tips, recipes, and more
- Tips and ideas to help you maintain your weight throughout the holiday season

Maintain your weight within 1-2 pounds and be entered into a drawing for **PRIZES!**

To register:

Belinda Rayner, Public Health Educator II

Harnett County Health Department

910-814-6196

Registration deadline: Friday, November 17th

