

Avoid Holiday Weight Gain with the Holiday Challenge



**Every Tuesday,
November 25th - December 30th
5:30pm-6:30pm
Harnett County Health Department**

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

- Weekly nutrition sessions and weight checks
- Weekly newsletter full of tips, ideas, and recipes
- Maintain your weight and be entered into a drawing for **PRIZES!**

To register:

Harnett County Health Department
910-814-6196

Registration deadline: Friday, November 21st

