

Avoid Holiday Weight Gain with The Holiday Challenge



Every Tuesday,
November 24th - December 29th
5:30pm-6:30pm

Mt. Zion Christian Fellowship
707 Susan Tart Rd. Dunn, NC

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 Department of Public Health
910-814-6196

Registration deadline: Friday, November 20th



This program is sponsored by Harnett County Department of Public Health