

# Avoid Holiday Weight Gain with The Holiday Challenge



**Every Monday,  
November 25<sup>th</sup> – December 30<sup>th</sup>  
5:30pm-6:30pm**

Harnett County Public Library  
601 S Main Street Lillington, NC

**The Holiday Challenge is a **FREE** 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 22<sup>nd</sup>**



**Harnett**  
**COUNTY**  
HEALTH DEPARTMENT