

# Avoid Holiday Weight Gain with The Holiday Challenge



Every Tuesday,  
**November 22<sup>nd</sup> – January 3<sup>rd</sup>**  
*(No meeting on December 27<sup>th</sup>)*

**5:30pm-6:30pm**  
**Harnett County Library**  
**601 S Main St Lillington**

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 18<sup>th</sup>**



*This program is sponsored by Harnett County Department of Public Health*