

Avoid Holiday Weight Gain with The Holiday Challenge



Did you know many people gain between 1 and 5 pounds each holiday season? Avoid holiday weight gain with the **Maintain, Don't Gain Holiday Challenge**.

November 22nd – January 3rd

The **Maintain Don't Gain Holiday Challenge** is a **FREE** virtual program that includes:

- Tips and resources to help you maintain your weight throughout the holiday season
- Weekly newsletter full of tips, ideas, and recipes sent to your inbox
- Virtual Healthy Living sessions

Maintain your weight and be entered into a drawing for **PRIZES!**

For more information or to register:

Belinda Rayner, Public Health Educator II

910-814-6196 or

www.surveymonkey.com/r/HCHDHolidayChallenge

Registration deadline: Friday, November 19th



Harnett
COUNTY
HEALTH DEPARTMENT