

WEIGHT EIGHT WEEK CHALLENGE LOSS

**Weigh In
Begins March
25th & 26th**

2019 Just Lose It Incentives

Mid Way Weigh In

- Top three participants with the highest % of weight/inches lost - \$25 gift card.

Final Weight In

- Top three participants with the highest % of weight/inches lost will win!
 - First Place – Fit Bit Charge 3, 1 month membership to Aerobic Center & 1 Vacation Day
 - Second Place - \$50 Gift Card & 1 Vacation Day
 - Third Place - \$25 Gift Card & 1 Vacation Day

Just Lose It... You Can Do It TO PARTICIPATE

- Weigh in at one of the March locations listed on the back of this sheet. **No fee to participate.**
- Weigh in halfway through the eight week challenge. Dates, times, and locations on the back.
- Weigh in at the end of the 8 weeks!

Nutrition and Exercise Seminars offered in multiple locations over the next 8 weeks. (See upcoming events flyer)

Challenge Results Celebration & Awards

Date: May 24, 2019

Time: 4:00 pm

Location: Rialto

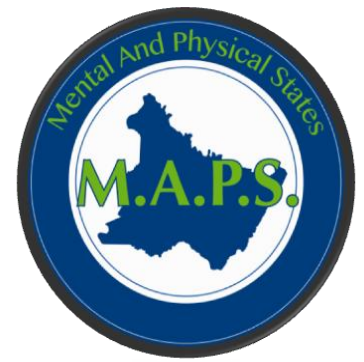
Food Provided



Weigh-In Times and Locations

Awards Ceremony – Friday, May 24, 2019 – 4 pm

THE RIALTO, 25 W Otterman St, Greensburg, PA 15601



March 25 (Mon) 8 am to 12 pm	Courthouse Human Resources Conf. Room	Manor Interview Room	Prison attend Manor	Public Works Conf. Room	AAA Conf. Room	911 Conf. Room
March 26 (Tue) 12 to 4 pm	Courthouse Human Resources Conf. Room	Manor Interview Room	Prison attend Manor	Public Works Conf. Room	AAA Conf. Room	911 Conf. Room
April 15 (Mon) 8 am to 12 pm	Courthouse Human Resources Conf. Room	Manor Interview Room	Prison Training Room	Public Works Conf. Room	AAA Conf. Room	911 Conf. Room
April 16 (Tue) 12 to 4 pm	Courthouse Human Resources Conf. Room	Manor Interview Room	Prison Training Room	Public Works Conf. Room	AAA Conf. Room	911 Conf. Room
May 20 (Mon) 8 am to 12 pm	Courthouse Human Resources Conf. Room	Manor Interview Room	Prison Training Room	Public Works Conf. Room	AAA Conf. Room	911 Conf. Room
May 22 (Wed) 12 to 4 pm	Courthouse Human Resources Conf. Room	Manor Interview Room	Prison Training Room	Public Works Conf. Room	AAA Conf. Room	911 Conf. Room

**If you are unable to attend one of the dates and times above please stop by or contact:

**The Well Being Center
Westmoreland Hospital
532 West Pittsburgh Street
Greensburg, PA 15601
TEL: 724-850-3155**



**Any Questions
Please Call: Alexis
Bevan at ext. 3197
or Amanda Bernard
at ext. 3778**

