

# WEIGHT EIGHT WEEK CHALLENGE LOSS

**Weigh In  
Begins March  
25<sup>th</sup> & 26<sup>th</sup>**

## 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

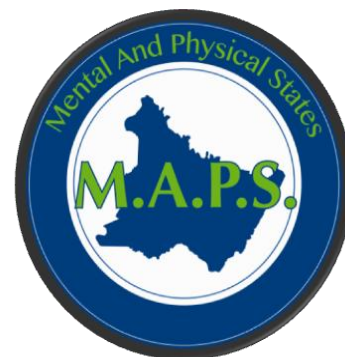
**Food Provided**



# Weigh-In Times and Locations

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

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



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

