

Maintain, Don't Gain

JOIN THIS FUN HOLIDAY CHALLENGE!



Avoid holiday weight gain this year by joining this community-wide “Maintain, Don't Gain” challenge.

November 12th - January 1st

- Receive weekly emails with tips, ideas, and recipes for success.
- Check out our activities calendar for fun and healthy local events!
- Keep your co-workers accountable with some friendly competition.
- Compete with other Fox Valley organizations for the best employee participation. Help your organization win by joining today!

How Do I Sign Up?

Register for this holiday challenge at

<http://bit.ly/WOTFVChallenge>