

What do you have to lose?

Join a **Community Weight Loss Challenge** to help you reach your weight-loss goals!

\$\$ Cash Prizes \$\$
if you are one of the top achievers in your Challenge!

IN A 12-WEEK COURSE YOU WILL GET:

- Group support to cheer you on
- Your own personal coach • A free meal plan
- Helpful tips and information on good nutrition and long-term health



Class size is limited, so call now and reserve your spot!

Join the Challenge for only \$35

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To pre-register, or for more information, call:

Heather 720-989-1951