



# CHOOSE TO LOSE CHALLENGE

BECOME THE CHANGE YOU WANT TO SEE

## A New Year - A Healthier You!

Want to become a part of the Choose to Lose Challenge to lose weight, improve fitness and optimize your health?

### Register at any of our Scheduled Weigh-ins!

#### Registration Weigh-in Dates & Locations:

8511 Hillcrest Rd.	Tuesday, January 29	1 p.m. — 4 p.m.
8511 Hillcrest Rd.	Wednesday, January 30	9 a.m. — 12 p.m.
8508 Hillcrest Rd.	Wednesday, January 30	1 p.m. — 2:30 p.m.
Transportation	Thursday, January 31	10 a.m. — 12 p.m.
Blue Springs	Thursday, January 31	12 p.m. — 2 p.m.

### \$10 to participate

12 weekly weigh-ins — **each Wednesday morning at your location.**

12 weekly prizes (each prize valued at \$15)!

Final prize determined by total percentage of body weight lost from beginning to end!

Questions? Email Amanda George at [ageorge@eitas.org](mailto:ageorge@eitas.org).