

MAINTAIN DON'T GAIN!

11 WEEK PROGRAM!

COG & GUC Employees

*Weigh-in by October 18th
at GAFC and be entered
into a drawing to win a
\$150 Gift Certificate to
various locations*

IF YOU LOSE WEIGHT...

2x

your name will be
entered into the
drawing twice. If you
maintain your weight
between 1-2 lbs your
name will be entered
once.

IMPORTANT DATES:

Starts
OCTOBER 21

Ends
January 3

Weigh IN: 10/14 - 10/18

Weigh OUT: 1/6 - 1/10

QUESTIONS?

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