



Maintain Don't Gain Holiday Challenge!

The average person gains between 5 and 7 pounds each holiday season. Learn how not to be that person.

- Join us from November 23rd through January 4th
- Weigh in each week (optional)
- Join the interactive discussion –
Topics that will motivate & encourage you to stay strong, eat smart, & have a happy and healthy holiday season

Wednesday mornings: 9:30-10:00am
Or Tuesday evenings 6:00-6:30pm

Registration is necessary ... call Lynnea at 860-691-1611

In exchange for joining the program, each week we ask that you donate to Care and Share with a non perishable food item...

