SPRING 2009 BIGGEST LOSER Together

Since the Spring of 2008 we have lost a total of 650lbs!!

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Lets make it 1,000 pounds by the end of Spring 2009!

assessing

- 11-Feb Initial weigh-in, sign-ups
- 18-Feb week 1
- 25-Feb week 2
 - 4-Mar week 3
- 11-Mar week 4
- 18-Mar week 5
- 25-Mar spring break, no weigh-in
 - 1-Apr week 6
 - 8-Apr week 7
- 15-Apr week 8
- 22-Apr week 9
- 29-Apr week 10 final weigh-in

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managing

L

life

You must weigh-in at Health Services on Wednesdays.

Team registration and sign-up will be held on <u>Wednesday February 11th at 12pm</u> in the Faculty/Staff lounge. Light refreshments will be served. Bring \$60 for your team entry fee and be sure to come with a creative team name!

If you are an individual and need a team, please come to the sign ups and you will be placed on a team.

Prizes for Top 3 individual losers and top 3 teams.

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QUESTIONS? CONTACT KELLY FALCONE KFALCONE@PALOMAR.EDU



employees