



# STRIVE FOR YOUR OPTIMAL WEIGHT CHALLENGE

Guided by a Registered Dietitian

## READY, SET, GOAL!

Learn the strategies to lose weight and keep it off. The Optimal Weight Challenge includes weekly blogs, fun pop-up challenges with a weekly prize winner, webinars, quizzes, and personalized nutrition counseling sessions, along with Q & A with your instructor. All participants who earn 100 points or more by the end of the challenge will be entered into the Grand Prize Raffle!

The Optimal Weight Challenge begins on Monday, April 22, 2024.

## SAVE THE DATES FOR THE SERIES OF EVENTS

WEEK 1:	APRIL 23	12:00 pm - 1:00 pm	Webinar: 7 Habits for Truly Effective Weight Management
WEEK 2:	MAY 1	11:30 am - 7:00 pm	Personal Nutrition Counseling
	MAY 2	11:30 am - 7:00 pm	Personal Nutrition Counseling
WEEK 3:	MAY 7	12:00 pm - 1:00 pm	Virtual Cooking Class: Quick, Easy, Fresh Meals in Minutes
WEEK 4:	MAY 14	12:00 pm - 1:00 pm	Webinar: Snack Attack
WEEK 5:	MAY 21	12:00 pm - 1:00 pm	Webinar: Mindful Eating
WEEK 6:	MAY 29	11:30 am - 7:00 pm	Personal Nutrition Counseling
	MAY 30	11:30 am - 7:00 pm	Personal Nutrition Counseling

**REGISTRATION OPENS 4/8/24**



MASSACHUSETTS

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