



# STRIVE FOR YOUR OPTIMAL WEIGHT CHALLENGE

Guided by a Registered Dietitian

**April 16<sup>th</sup>- June 4<sup>th</sup> READY, SET, GOAL!**

Lose weight, keep it off, and get a chance to win prizes in this regional weight loss challenge open to all employees, retirees (and spouses) of Mayflower Municipal Health Group member units. The **STRIVE Challenge** is **FREE** and includes Group Seminars, Individual Nutrition Counseling & Support, Confidential Weigh-Ins (optional) and Weekly Email Communications. **All events are held in the "Great Room" on the 2nd floor of the Halifax Town Hall (499 Plymouth Street, Halifax).**

**\*Win Prizes!** Lose the largest percentage of body weight at the final weigh-out and win the Grand Prize- a 2 Week Blue Apron Gift Subscription! There will be raffle prizes too: Week 1 (variety pack of Kind Bars), Week 4 (Air Pop popcorn maker), Week 7 (ceramic pan), Week 8 (Fitbit Inspire). Participants in personal nutrition counseling sessions Weeks 3, 5 are also eligible to win a raffle prize (healthy cookbook).

**Registration opens MARCH 9<sup>th</sup>.**

WEEK 1:	APRIL 16 4 – 5 pm, 6 – 6:30 pm	Initial Weigh-In
	APRIL 16 5 – 6 pm	Kick-Off Seminar
WEEK 3:	APRIL 30 3 – 6 pm	Personal Nutrition Counseling
WEEK 4:	MAY 7 4-5 pm, 6- 6:30 pm	Mid-Point Weigh-In
	MAY 7 5- 6 pm	Seminar
WEEK 5:	MAY 14 3 - 6 pm	Personal Nutrition Counseling
WEEK 7:	MAY 28 5 – 6 pm	Seminar & Snacking
WEEK 8:	JUNE 4 4 – 5 pm, 6 – 6:30 pm	Final Weigh-Out
	JUNE 4 5 – 6 pm	Final Seminar

**[CLICK HERE TO REGISTER](#)**

\* To win the grand prize, participant must have lost the highest percentage of body weight, have participated in the initial weigh-in and the final weigh-out, and have participated in at least one seminar. To win raffle prizes (weeks 1,4,7,8), participant must attend that week's event or participate in personal nutrition counseling session (by appointment weeks 3,5). **\*\*If minimum registration number not met, program will be cancelled. If you have questions email Kelly Morse Perez at [wellness@mmhg.org](mailto:wellness@mmhg.org) or call 774-773-9306.**



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