



F O R T H E A L T H C A R E

# SLIMDOWN CHALLENGE

— LET'S DO THIS! —

# W3

It's time to devote the next 8 weeks to YOU!

**Let's do this!**

Win BIG prizes like a \$250 gift card or a Fit Bit Surge!

What you need:

- \*Cerner account (location is Whitewater)
- \*Weigh-in to be eligible
- \*A positive attitude

## Weigh-In with W3!

Ambrose Health Center, 2<sup>nd</sup> floor  
1/26, 1/28, 1/30 & 2/2, 2/4, 2/6,  
8:30am-2:30pm

School District Central Office  
(front conference room)

1/27 & 2/5, 7-8:30am

Irvin L. Young Library  
2/3, 5-7pm

**IMPORTANT:**  
Your weight does NOT define you. Participate to improve your health overall and be safe!

# Your quest begins February 10<sup>th</sup>!

[www.forthhealthcare.com/slimdown](http://www.forthhealthcare.com/slimdown)

Questions? Contact [whitewaterwellness@gmail.com](mailto:whitewaterwellness@gmail.com)