



November 21st-  
January 16th

**FREEZE**  
THE

**GAIN**



- **Sign Up** - Register for this challenge by emailing [wpsdcareteam@bellin.org](mailto:wpsdcareteam@bellin.org)
- **WEEKLY TIPS** - Receive weekly tips for overcoming holiday temptations and engaging in healthy behaviors.
- **MAINTAIN YOUR WEIGHT** - If you maintain your weight within two pounds or less from your original start weight, you will be entered in a drawing to win a prize.

A Pre-Holiday Weigh In can be obtained during the following

Hemlock: Monday, November 14 7:30-9am

District Office: Tuesday, November 15 12:30-2pm

High School: Tuesday, November 15 2:30-4pm

Westwood: Monday, November 21 7:30-9am

Middle School: Tuesday, November 22 2:30-4pm

Welcome to **bellinhealth**