



Weigh in Dates:

Westwood
Mon. November 16
7:30–9 am

District Office
Tues. November 17
12:30–2 pm

High School
Tues. November 17
2:30–4 pm

Hemlock
Mon. November 23
7:30–9 am

Middle School
Tues. November 24
2:30–4 pm

Weigh out Dates:

Westwood
Mon. January 4
7:30–9 am

District Office
Tues. January 5
12:30–2 pm

High School
Tues. January 5
2:30–4 pm

Hemlock
Mon. January 11
7:30–9 am

Middle School
Tues. January 12
2:30–4 pm

WEST DE PERE

Health for the Holidays – Weight Challenge

Guilty of overeating during the holidays? It's that time of year when extra calories lurk around every corner. Challenge yourself to maintain (or even lose) weight throughout the holidays this year! Join the 'Health for the Holidays' challenge with Nurse Sandy and challenge yourself to be healthy this season!

Program Particulars:

- Weigh-in and weigh-out with Nurse Sandy
- Goal setting (set a holiday weight goal)
- Quick tips and tricks that will help you keep off holiday weight.
- Those who achieve their goal will be entered to win a prize at the end of the challenge!

Sign up by emailing wpsdcareteam@bellin.org

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