



# HO HO HOLD IT!!

Please join us for a school wide holiday health and wellness competition!

## What is involved?

Employees at all locations will weigh in on the week of December 1st or December 8th and weigh out on the week of January 5th or January 12th.

The total weight of the employees at each location will be added up at the beginning and again at the end. The location whose employees total weight has stayed the same, gone down, or gone up the least will be the winner!

To make this a great competition we will be collecting a fee of \$5.00 to participate. The location winner then splits the pot!

To sign up email the West De Pere Care Team at [wdpsdcareteam@bellin.org](mailto:wdpdscareteam@bellin.org) (please include your location) AND hand in \$5.00 to your building wellness champion (before your weigh in).

Groups and dates/times are listed below as well as your building wellness champions...

Location/Group:	Weigh-In:	Weigh-Out:	Wellness Champions:
1. District Office	Dec. 2 - 12:30-2 pm	Jan. 6 - 12:30-2 pm	Nurse Sandy
2. High School	Dec. 2 - 2:30-4 pm	Jan. 6 - 2:30-4 pm	Ashley Anthon & Carrie Jones
3. Middle School	Dec. 9 - 2:30-4 pm	Jan. 12 - 2:30-4 pm	Angela Kelly & Vicki Landers
4. Hemlock	Dec. 8 - 7:30-9 am	Jan. 12 - 7:30-9 am	Andrea Brehm & Jenny Wisneski
5. Westwood	Dec. 1 - 7:30-9 am	Jan. 5 - 7:30-9 am	Chuck Brehm & Stacey Derbique

*Look for emails throughout the Holidays with information and messages of encouragement!*

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