



12 Week **Weight Loss Challenge**

Silver Pine Medical Group

PROGRAM INCLUDES:

*Mini Contests

To keep you motivated!

*Contest dates-

1st weigh-in @ Sterling, suite 6

1/8/18 7am-6pm

Final weigh-in @

Sterling, suite 6

4/2/18 7am-6pm



1st place=\$300
2nd place=\$200
3rd place=\$100

Sponsored By:



REGISTRATION INFORMATION:

No registration fee!

Register by: 1/7/18

Register by emailing a Nutrition Coach @:

nnowak@silverpinedocs.com or csant@silverpinedocs.com