



## Silver Pine Wellness Program



# 12 Week Weight Loss Challenge

A post “New-Years resolution” resolution challenge! If your new year did not start out how you anticipated and you had a weight loss goal, this might be the push you need! The winner of this challenge will be the person who loses the most **body fat** over a 12 week period – not overall weight loss.



**1<sup>st</sup> place:** \$200 Gift Card

**2<sup>nd</sup> place:** \$100 Gift Card

**3<sup>rd</sup> place:** 1 of each of the cornerstone products!

(one metassist, one omega health, and one shake - flavor of your choice)



### Contest dates

#### First weigh in:

- January 23<sup>rd</sup> 8am-3pm (Sterling Heights Office)
- January 25<sup>th</sup> 8am-4pm (Sterling Heights Office)
- January 26<sup>th</sup> 3pm-7pm (Tilch Office)

#### Final weigh in:

- April 17<sup>th</sup> 8-3pm (Sterling Heights Office)
- April 19<sup>th</sup> 8am-3pm (Sterling Heights Office)
- April 20<sup>th</sup> 3pm-7pm (Tilch office)

\*\*If unable to weigh in during scheduled days then please email for alternatives\*\*

Register by clicking on the following link \_\_\_\_\_

or emailing [wellness@silverpinedocs.com](mailto:wellness@silverpinedocs.com) to set up a scheduled weigh in, or call 586-726-4823.

Registration deadline is 1/26/2023. Please call or email if there are any questions!

**ALL PARTICIPANTS MUST HAVE AT LEAST ONE INITIAL CONSULTATION!**



SILVER PINE  
MEDICAL GROUP

