



# SLIM DOWN CHALLENGE

## 20 JANUARY-17 APRIL

Support in 2015 includes:

Weekly Weigh In

Biweekly Meetings

Education & Recipes

Compete alone and/or on a team!

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For more information call 443.861.9260



# **WALKING CHALLENGE**

## **20 JANUARY - 17 APRIL**

How far can you walk?

Compete alone and/or on a team!

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