

# Free WINTER Wellness Challenge

Kickstart your health and wellness journey this winter with our **8-week** Winter Wellness Challenge led by Courtney Johnson, Registered Dietician, and Larry Bernardoni, Fitness Supervisor. The best part? The only person you'll be competing against is YOURSELF! Let's CRUSH your goals together, one step at a time. No membership or special equipment required!



January 22-March 12, 2025

Wednesdays, 5:30 p.m.-6:00 p.m.

Group Fitness Room at The Center | North Campus Healthcare

\*Weigh-Ins will begin at 5:00 p.m., with the class starting at 5:30 p.m.

## What to Expect

- Weekly 30 Minute Wellness Education
- Weekly Nutritional Challenge
- Weekly Physical Challenge
- Weekly Weigh-In
- Weekly Tracker
- BMI Tracking (Weeks 1, 4, & 8)
- 1-on-1 Nutritional Consultation
- Physical Assessment Rating (PAR) Testing

Register by January 15, 2025

Call Jennifer Barbour at 618-443-1467.

