

# 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!

## 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

January 8, 2026  
–  
February 26, 2026

Thursdays | 5:30 p.m.-6:00 p.m.  
Group Fitness Room at  
North Campus Healthcare

**Register by January 5, 2026**

Call Jennifer at 618-443-1467

