



# MAINTAIN NO GAIN

ENJOY YOUR  
HOLIDAYS THE  
HEALTHY WAY



## COME-AND-GO REGISTRATION

### TWO REGISTRATION OPTIONS:

FRIDAY - NOVEMBER 17, 2023 - 12:00 PM - 1:00 PM

MONDAY - NOVEMBER 20, 2023 - 12:00 PM - 1:00 PM

### WEEKLY WEIGH-INS

WEEK 1 WEIGH-IN – MONDAY, NOVEMBER 27, 2023

WEEK 2 WEIGH-IN – MONDAY, DECEMBER 4, 2023

WEEK 3 WEIGH-IN – MONDAY, DECEMBER 11, 2023

WEEK 4 WEIGH-IN – MONDAY, DECEMBER 18, 2023

WEEK 5 WEIGH-IN – WEDNESDAY, DECEMBER 27, 2023

WEEK 6 FINAL WEIGH-IN – TUESDAY, JANUARY 2, 2024

**CORY EDWARDS CEA-FCH, LUBBOCK COUNTY**

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