

TEXAS A&M
AGRILIFE
EXTENSION

MAINTAIN NO GAIN

ENJOY YOUR
HOLIDAYS THE
HEALTHY WAY

\$20

COME-AND-GO REGISTRATION & INITIAL WEIGH-IN

LUBBOCK COUNTY EXTENSION OFFICE

916 MAIN, SUITE 401

MONDAY - NOVEMBER 25, 2024 - 12:00 PM - 1:00 PM

WEEKLY WEIGH-INS

WEIGH-IN 1 - MONDAY, DECEMBER 2, 2024

WEIGH-IN 2 - MONDAY, DECEMBER 9, 2024

WEIGH-IN 3 - MONDAY, DECEMBER 16, 2024

WEIGH-IN 4 - MONDAY, DECEMBER 23, 2024

FINAL WEIGH-IN - MONDAY, JANUARY 6, 2025

CORY EDWARDS CEA-FCH, LUBBOCK COUNTY

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