



Spring Into Summer Shape

The Summer Incentive Program

*Maintain your weight or lose weight and you could find yourself in great summer shape along with the opportunity to win some cold hard **cash!***

\$10
Per Person

Typically, individuals wait too long to begin their weight loss process for summer. Here is your chance to start it early and maintain it throughout the year

Here are the rules:

- Members only
- \$10.00 participation fee
- Initial weigh- ins April 9th thru April 20th
- Final weigh - ins June 4th thru June 15th
- Prize drawing Tuesday, June 19th
- Prize is half of participation fees collected
- Weigh - ins will be at the fitness desk by staff
- All participants will be asked to take off shoes

To qualify for drawing, you must be either at or below initial weight.

Initial Weigh - in
April 9 - April 20

Final Weigh - in
June 4 - June 15

** \$10.00 participation fee is non - refundable*
For more information call:

624-3417

THE *Lifestyle* Center
A Division of Kaweah Delta Health Care District
www.thelifestylecenter.org