



Be one of the first 75 employees to sign up for the *Eat Smart, Move More, Maintain, Don't Gain!* Holiday Challenge and you can receive a CCCC snowflake ornament!

# HOLIDAY CHALLENGE

**Start/End Date:**

**November 12 – December 31**

The Holiday Challenge is provided by Eat Smart, Move More, Weigh Less, a 15-week online weight management program delivered by a live Registered Dietitian Nutritionist, and Eat Smart, Move More, Prevent Diabetes, a 12-month online diabetes prevention program recognized by the CDC. Both programs are developed and managed by NC State University and the NC Division of Public Health. Rather than focusing on trying to lose weight, this FREE seven-week challenge provides you with strategies and resources to maintain your weight throughout the holiday season.

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**Go to [esmmweighless.com](http://esmmweighless.com) and click the Holiday Challenge tab. Please enter CCCC into the Company field during registration.**

