

CENTRAL CAROLINA COMMUNITY COLLEGE IS NOW OFFERING A NEW WELLNESS INITIATIVE

Maintain, don't gain  
this season with the

Eat Smart, Move More...  
Maintain, don't gain!

# HOLIDAY Challenge



NOVEMBER 12 THROUGH DECEMBER 31

You are invited to join the 12th annual Eat Smart, Move More, Maintain, don't gain! Holiday Challenge. Instead of focusing on trying to lose weight, this FREE seven-week challenge provides you with strategies and resources to help you maintain your weight throughout the holiday season.

Participants receive weekly newsletters, daily tips, challenges, healthy holiday recipes, and more. All participants have access to a *free virtual race through Rome* to help boost motivation.

Last year's Holiday Challenge had more than 28,000 people from all 50 states and 92% reported maintaining or losing weight. Now it's your turn to join us for the 2018 Holiday Challenge.

The 2018 Holiday Challenge runs from **November 12 through December 31**.

Go to [esmmweighless.com](http://esmmweighless.com) and click Holiday Challenge to register. Use **CCCC** in the company field during registration.

For questions, contact [HolidayChallenge@esmmweighless.com](mailto:HolidayChallenge@esmmweighless.com).



**CENTRAL  
CAROLINA**  
COMMUNITY  
COLLEGE



Eat Smart | Move More  
**Weigh Less**  
Online

[esmmweighless.com](http://esmmweighless.com)