



# HOLIDAY CHALLENGE

**Start/End Date:**

**November 16 – December 31**

Maintain, don't gain this holiday season with the 14th annual Holiday Challenge! This FREE 7-week program provides you with access to weekly newsletters, daily tips, and healthy holiday recipes.

Last year's Holiday Challenge was the largest to date with more than 40,600 participants from all 100 North Carolina counties, all 50 states, and 26 additional countries. You are invited to join us for the 2020 Holiday Challenge!

**To learn more and to register, visit:**

**[www.esmmweighless.com/holidaychallenge](http://www.esmmweighless.com/holidaychallenge)**



**CENTRAL CAROLINA  
COMMUNITY COLLEGE**

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