



Granville-Vance Weight Loss Challenge

When is it? January 11th, 2010 through March 26th, 2010

What is it? An opportunity for teams of 4 adults to work together to lose 10 pounds each in 10 weeks.

Who Can Participate? Adults that live or work in Granville and Vance Counties

What's in it for me? Successful teams and individuals will be eligible for drawings for \$3000 in gift cards donated by the sponsors.

Weigh in Sites Granville County

The Granville County Health Department

Jan 11th 2 – 6 pm Jan 12th 7 – 11:30 am

Jan 14th 7 – 8:30 am; 2 – 7 pm

Jan 15th 8:30 – 4:30

South Granville Medical Center

Jan 11th 9 a – 1 pm Jan 12th 11 am – 1 pm

Jan 13th 1 – 4 pm Jan 14th 2 – 6 pm

Jan 15th 9 a – 1 pm; 3 – 6 pm

**PICK A
TEAM and
A
CAPTAIN!!**

**CHOOSE
YOUR
LOCATION**

Weigh In Sites Vance County

Maria Parham Medical Center

Jan 11th 7 – 10 am

Jan 12th 11 a – 2 pm

Jan 13th 12 – 5 pm

Jan 14th 3 – 7 pm

Jan 15th 7:30 – 9 am; 11 a – 1 pm; 4 – 6 pm

For registration and other materials, go to the *sponsor locations* below or websites:
Granville Medical Center or South Granville Medical Center → www.granvillemedical.com

Maria Parham Medical Center → www.mphosp.org

Granville or Vance County Health Departments → www.gvdhd.org

Henderson Family YMCA → www.henfamymca.org