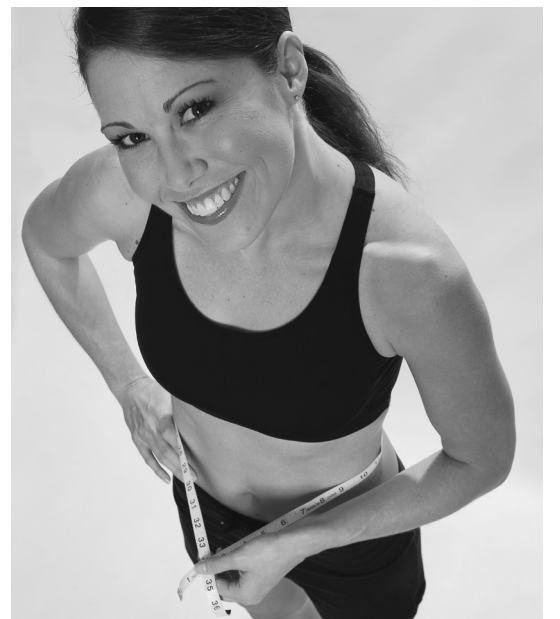


Is **WEIGHT LOSS** Your New Year's Resolution?

**Clarendon
Family
Medical
Center
wants
to help!**



Here's How

Each person who wants to participate will pay \$10 to get started. For ten weeks we will have private weekly weigh-ins on Tuesdays from 8 a.m. - 12:00 p.m., where weight loss and nutritional handouts will be given. If no weight is gained, no money is owed, but \$1 will be charged each week for each pound gained in the 10 week period. At the end of the 10 weeks the money collected will be distributed (50%/30%/20%) to the top three participants with the highest percentage of weight lost. Average weight loss in the past years has been 10-15 lbs in 12 weeks. **Weigh-ins begin Tuesday, January 13, 2015.** We hope to add some fun and accountability to each of our weight loss goals for the 2015 year.

CLARENDON
Family Medical Center

For more information please call
Marsha Bruce or P.J. O'Keefe
at the Clinic at 874-3531.

