



STRIVE FOR YOUR OPTIMAL WEIGHT CHALLENGE

Guided by a Registered Dietitian

READY, SET, GOAL!

Learn the strategies to lose weight and keep it off. The Optimal Weight Challenge includes weekly blogs, fun pop-up challenges with a weekly prize winner, webinars, quizzes, and personalized nutrition counseling sessions, along with Q & A with your instructor. All participants who earn 100 points or more by the end of the challenge will be entered into the Grand Prize Raffle!

The Optimal Weight Challenge begins on Monday, May 6, 2024.

SERIES OF EVENTS

WEEK 1:	MAY 8	4:00 pm - 5:00 pm	Webinar: 7 Habits for Truly Effective Weight Management
WEEK 2:	MAY 14	10:30 am - 6:00 pm	Personal Nutrition Counseling
	MAY 15	10:30 am - 6:00 pm	Personal Nutrition Counseling
WEEK 3:	MAY 22	4:00 pm - 5:00 pm	Virtual Cooking Class: Quick, Easy, Fresh Meals in Minutes
WEEK 4:	MAY 29	4:00 pm - 5:00 pm	Webinar: Snack Attack
WEEK 5:	JUNE 5	4:00 pm - 5:00 pm	Webinar: Mindful Eating
WEEK 6:	JUNE 11	10:30 am - 6:00 pm	Personal Nutrition Counseling
	JUNE 12	10:30 am - 6:00 pm	Personal Nutrition Counseling

[CLICK HERE TO REGISTER FOR
THE CHALLENGE PORTAL & WEBINARS](#)



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