

Maintain Don't Gain Challenge

Participate for a Chance to Win a \$25 Amazon Gift Card!

How to Participate:

Maintain weight over the holidays and maintain a healthy you!

Enter the Gift Card drawing by staying within 5 pounds of your weigh-in weight over the holidays! Challenge begins Nov. 14 and will run through Jan. 13.

See onsite weigh-in schedule below or submit weight via Honor Record Form prior to Thanksgiving. Weigh-outs will be held the week of Jan 9.

**Note: There is no penalty for losing weight!*

Weigh-Ins:

LVO: Tuesday, 11/15: 10:00am-1:00pm and Thursday, 11/17: 12:00-3:00pm

LVLC: Tuesday, 11/15: 2:00-4:00pm and Thursday, 11/17: 9:30-11:30am

MEC: Wednesday, 11/16: 10:00am-12:00pm

Hard copies of the Honor Record Form can be printed from the HR Kiosks.

Submit Honor Record Forms to your Wellness Coordinator, Angie Moreno:

Scan and email: angela.moreno@consultant.volvo.com

Take photo and text: 336-609-2374

Lehigh Valley Operations

