



A 12-week Weight Loss and Wellness Program

Program Includes

- Free Passes to local fitness centers
- Bi-weekly educational meetings
- Bi-weekly weigh-ins
- Motivational workouts
- Prizes for weight loss and participation

Registration and Weigh-ins begin

Wednesday, January 2, 2019

Registration at Premiere Fitness or
ACMC Outpatient Rehabilitation Services

Participation Fee \$20 per person

Meetings begin January 9, 2019

Noon and 6pm at 2211 Lake Avenue next door to Premiere Fitness

Call Premiere Fitness at (440) 998-3488 for more information