

**ULEN-HITTERDAL'S 1ST
WEIGHT LOSS CHALLENGE
LOCATED AT
BETHLEHEM CHURCH
IN ULEN, MINNESOTA**

Tuesday Night Weekly Weigh-Ins for Six Weeks!

Starts at 6:30PM with Nutritional Topic
then Weigh-Ins

Starts **Tuesday** March 15th and
Ends **Tuesday**, April 26th, 2011

Participation Fee is \$30.00.

MAX NUMBER OF PARTICIPANTS IS 40

The Local Contact for Participant Payment is:
Lorie Borgen-Doran

FOR ALL DETAILS:

**Cash Prizes
awarded for
1st, 2nd,
3rd place
biggest
weight loss
percentages!**

Healthy Spin
Lose Weight Now Ask Me How
Melissa & Jerry Johnson
Wellness Coaches
(218) 329 7177 or (218) 329 9194
healthyspin@yahoo.com
P.O. Box 946 Hawley, MN

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Dedicated to Improving Your Health

**Reserve
YOUR spot
TODAY to
make a
Healthy
Change
NOW!**