

# Teaneck's Community Weight-Loss Challenge

*"Where Losers are Winners!"*

**KICK-OFF EVENT:** Monday, March 18<sup>th</sup> | 7:00 – 8:30 pm

**LOCATION:** Holy Name Medical Center (Marian Hall)  
718 Teaneck Road, Teaneck, NJ

Call **201-833-3336** or visit [holyname.org/events](http://holyname.org/events) to register | **FEE:** Free

Join your neighbors as we collectively lose weight to make Teaneck a healthier community. Whether you have a lot to lose or just want to shed a few pounds, here is your chance to start! Sponsored by Holy Name Medical Center, the Teaneck Health Department, the Department of Recreation and Glenpointe Spa and Fitness, the Weight Loss Challenge will run from mid-March to mid-May.

**This 10-week program will include:**

- FREE educational seminars
- FREE 30-day pass for exercise facilities at Glenpointe Spa and Fitness
- FREE pre and post cholesterol and blood sugar screening for first 50 people who register
- Weekly weigh-ins at various locations and times throughout the community
- Challenge finishers will be eligible to enter drawing for prizes



For details, attend the Kick-Off event on March 18<sup>th</sup> or contact the Teaneck Health Department at [health@teanecknj.gov](mailto:health@teanecknj.gov).

