MAINTAIN DON’T GAIN

This year, don’t let the holiday season get the best of you. Join the 2nd annual Maintain Don’t Gain Challenge from November 19 through January 14, and fight holiday weight gain.

Complete the 8 week challenge and be eligible to win a mountain bike!

All presentations will be at the Santa Rosa Lounge from 12:05-12:50 pm.

- November 19 – Kickoff: Learn Tips and Get Swag
  Gerri French, R.D., M.S., C.D.E.
- December 10 – Surviving the Holidays
  Sandy Wilson, Optum Wellness Specialist
- January 14 – Maintain Your Healthy Focus in 2016
  Gerri French, R.D., M.S., C.D.E.

Learn to survive the holidays without gaining weight. Achieve and maintain your goal weight, energy, and fitness. Understand why people gain weight during the holidays, gain strategies to prevent weight gain, and plan balanced meals and snacks for quick and sustained energy.

Questions? Contact Ginnie Thomas x5520

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