

1st Belledune Biggest Loser This event is more than simply weight loss. It's about friendship, healthy competition and making healthy choices.



The official weigh ins will take place at the Belledune Municipal Hall Gymnasium on Jan 7, 2019 from 6pm-8pm or Jan 8 from 8am-12pm for those who can not make it on Jan 7th.

The program will run for 8 weeks. Weigh ins will continue weekly on Mondays from 6pm-8pm or 8am-12pm the following day. The meetings, registrants can discuss meal planning, diet tips, healthy living and, of course, exercise tips and much more. There will be a prize for the person who loses the greatest amount of body weight that week and additional draws (random draw) for activity levels for the week prior which will be posted on FB group page.

A private Facebook page will be setup so that group members can provide support and also health and exercise questions via the group.

Cost is \$45.00 to register which includes 8 weeks Weigh in and weekly prizes. The Biggest Losers (1st, 2nd, 3rd place) gets the cash prize at the end of 8 weeks.

The final weigh ins will be March 4th, 2019 from 6pm-8pm for the grand prize and bragging rights!!

**Sincerely,
Darrell Culligan
Recreation and Wellness Coordinator
Village of Belledune
Office 506-522-3714, Cell 506-520-9322
Fax 506-522-3704
dculligan@belledune.com**

**Melinda Bowlby Hickey
FB Group Administrator
506-480-0957**