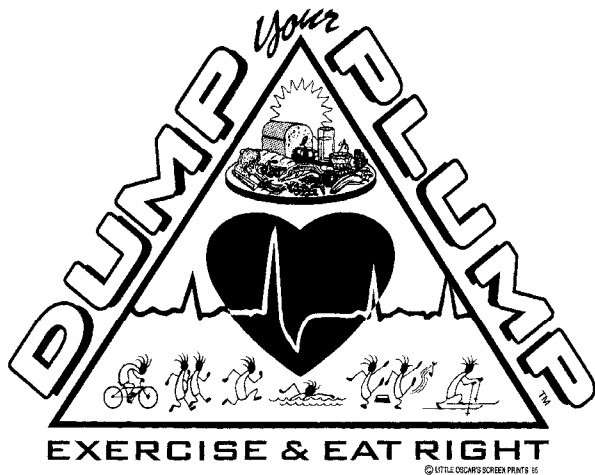


Shape Up !

Join Dump Your Plump™

*A Weight-Loss and Fitness Contest for
Teams from Area Schools, Businesses, and Organizations*



Form a team of fellow employee, friends, family, and/or neighbors

- 4 – 10 members per team

Set a weight-loss goal of 0–20 pounds

- Weekly weigh-ins on the same scale

Develop new health habits

- Special programs and health tests
- Daily aerobic exercise (30mins)
- Program manual and newsletters
- Prizes for weight loss, exercise and best team name

WHEN: FEB. 9 TO APRIL 20, 2012

Have FUN!

AFFORDABLE - \$25 (CAPTAIN FREE!)

Information Meetings: All meetings at Lake Michigan College at 5 p.m.

Jan. 17—B.H.- Blue Lecture Hall,

Jan. 23—South Haven— Rm 141

Jan. 19—Niles-Rm 109

Jan. 25—B.H.-Blue Lecture Hall

Sponsored by: Lake Michigan College

For more information contact:

Don Alsbro—269-925-3524