



Community

# Weight Loss Challenge

*"What do You have to Lose?"*

- 10 Week Program
- Free Personal Coaching
- Free Wellness Evaluation
- \$49 Entry fee
- \$\$\$ Prizes for 1st, 2nd & 3rd!
- Fun, Educational, Effective!



Berwick, Beaconsfield Narre Warren and Pakenham  
Community Wellness Coach

Call **Karen: 0425 733 469**

reserve your place..



The 10-week Challenge educates and encourages proper nutrition, food choices and exercise. Each person will receive personalised, one-on-one coaching.

\*\*\* Success is high in these competitions and seats fill up FAST \*\*\*

Call **0425 733 469** now to reserve your place.

\*\*\* Cash prizes for 1st, 2nd and 3rd will be awarded to the participants who have lost the largest percentage of body weight. \*\*\*

**Starts: Monday JUNE 27th - 10.30am**

**OR Wednesday JUNE 29th - 7:00pm**



Past participants who all lost their weight with the help of local Weight Loss Competitions.  
In total, they were able to lose 416 kgs!

Weight Loss Challenge is a Not For Profit Community Service Program designed to educate, support and promote a healthy lifestyle and is run by unpaid trained Wellness and Weight loss Coaches. Entry money is pooled for admin & prizes.