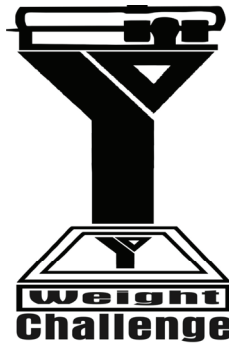


Siskiyou Family YMCA's
2010 "Y" Weight Challenge

First Weigh-In January 16

Final Weigh-In April 10



Prizes for Individual Winners

Overall Female Winner-25% of the pot

Overall Male Winner-25% of the pot

Team of 4 Winners- 50% of the pot

Entry Fee

\$15 per individual

Initial Weigh-In

January 16, 9:00am - 11:00am

Siskiyou Family YMCA

Join your family and friends in making a positive change toward your health for 2010 and beyond in Siskiyou Family YMCA's annual weight loss contest. Compete in exciting fitness challenges and attend wellness lectures on diet, exercise and the health benefits of weight loss. Contest is open to Siskiyou County residents only!

Questions? Contact the Siskiyou Family YMCA at 842-9622 for further information.

www.siskiyou-ymca.org

