

3 MONTH HEALTH AND WELLNESS PROGRAM FOR NEWARK

A community-based wellness program that fosters lifestyle changes for improved health and well being for life through nutrition and exercise education and support. A contest for largest percentage of weight loss will be included.

Constestants can enter as individuals, families and/or teams.



Initial Weigh-In
Sunday, January 24
After 8 pm & 11 am Service



THE BETH CHALLENGE

Community

Weekly Weigh-Ins
Wednesdays & Sundays

Join The
Beth Challenge
and receive a **FREE**
12 week membership to
The Colosseum Gym
in Newark