

Join the MCC Wellness Council's Holiday Challenge

Project Zero

Avoid Holiday Weight Gain...and Win!



**PRIZES INCLUDE:
GARMIN ACTIVITY TRACKER,
LOCAL GIFT CARDS,
COOKBOOKS, T-SHIRTS, AND
MORE!**

**Register
ahead
or at weigh-in
\$5 fee**

**Brighton Location: Health Services (3-165)–Brighton Registration and Weigh-In Times:
11/16/17: Noon-5:30 pm * 11/17/17: Noon-3 pm**

**Downtown Location: Fitness Center–Downtown Registration and Weigh-In Times:
11/16/17: 12:30-1:30 pm * 11/17/17 Noon-1 pm**

****More inquiries about Project Zero employee program: MCCWellness@monroecc.edu**