

# Join the MCC Wellness Council's Eat Smart, Move More...Holiday Challenge



## Project Zero



Be a Project Zero Hero! Maintain your Weight this Holiday Season

### Participation Details

- \* Register at weigh-in - \$5.00 fee
- \* Program runs 11/18/19 – 1/14/20
- \* Weekly nutrition tips and more!
- \* Holiday Appetizers & Desserts with Chef Lannak  
Friday, December 6 (12 -1 pm or 1 - 2 pm)
- \* Prizes will be awarded to participants who maintain their weight

### Weigh-in Locations and Times

#### **Brighton Campus – Health Services (3-165)**

Monday, 11/18: Noon – 5:30 OR Tuesday 11/19: Noon-2 & 4:30 – 5:30

#### **Downtown Campus – Wellness/Fitness Center**

Monday, 11/18: 2:30 – 4:30 OR Tuesday 11/19: 2:30 – 4:30

**Final Weigh-in:** Monday, 1/13 OR Tuesday, 1/14 (Times TBA)

Questions about Project Zero?

Email us at [MCCWellness@monroecc.edu](mailto:MCCWellness@monroecc.edu)



Wellness Council

MONROE COMMUNITY COLLEGE