

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 – 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

<https://libguides.monroecc.edu/wellness>



Wellness Council

MONROE COMMUNITY COLLEGE