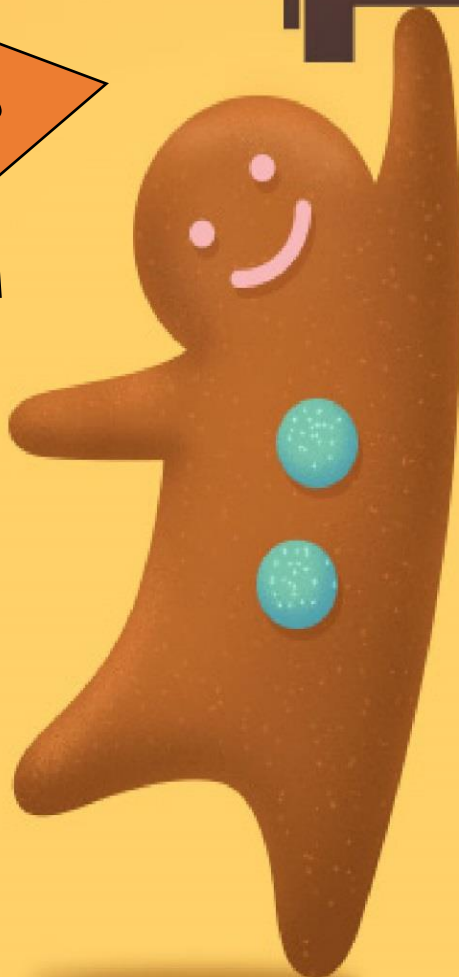


Drop those bad habits and adopt some healthy ones this season!

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



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

Join the MCC Wellness Council's Holiday Challenge

Project Zero!

Avoid Holiday Weight Gain and Win!

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