



Join the MCC Wellness Council's Holiday Challenge

Project Zero

Avoid Holiday Weight Gain and Win!!!

Prizes will be awarded to participants who maintain their weight!

Friday, December 14 - Healthy Holiday Appetizers & Desserts with Chef Lannak (12-1 pm or 1-2 pm)

Register at weigh-in.
Registration fee only \$5.00!

Weigh-in Locations and Times

Brighton Campus - Health Services (3-165)

Wednesday, 11/14, Noon-5:30 OR Thursday, 11/15, Noon-2 & 4:30-5:30

Downtown Campus - Fitness Center

Wednesday, 11/14, 2:30-4:30 OR Thursday, 11/15, 2:30-4:30

Final Weigh-in: 1/14 & 1/15

Questions about Project Zero? Please email us at MCCWellness@monroecc.edu.