

# SUMMER SLIMDOWN



**JUNE 1 - JULY 24**

- Team Challenge - 2 people
- Perks of the Challenge
  - Pre & Post InBody Composition Scans
  - 1x 30 min Personal Training Session
  - 1x 30 min Dietitian Consultation
  - 4x Group Fitness Classes
  - Fitness Workout Band
  - Weekly Workouts
  - Weekly Newsletters that include tips and mini challenges

**COST: \$160 for 2 person team**

**REGISTRATION: 217.214.5858**

Opens May 1, deadline May 29

To register, please call or email  
[blessingwellnesscenter@blessinghealth.org](mailto:blessingwellnesscenter@blessinghealth.org)

## PRIZES

### 1st Place Team

10 Fitness Classes

2 Free Meals

Pie the Trainer

*\$300 value*

**217.214.5858**

[blessinghealth.org](http://blessinghealth.org)

