

AMH Wellness Center Biggest and Best Loser Contest 2018

**Monday, January 15th
through
Friday, March 23rd**

Cost: **Before January 10th**

Individual: \$30

Team: \$100

Cost: **After January 10th**

Individual: \$40

Team: \$120

**Contact person: Bethany
402-887-6204
wellness@amhne.org**

CASH prizes for 1st place

- ◆ Men, Women, and Team categories

Merchandise and gift cards

- ◆ Courtesy of our many local sponsors

S.T.A.C class

- Twice per week

NEW!

Health and Nutritional speaker

- ◆ Courtesy of Brad Averill, UNL extension Educator
- ◆ 2 sessions offered during the contest