



CHOOSE TO LOSE

"Helping Delawares Live a Long and Healthy Life"

A weight loss program sponsored by the Delaware Tribe of Indians, the Wellness Council, and the Delaware Health and Wellness Center

Open to all adult members of the Delaware Health and Wellness Center

Weigh-ins will be held at the Delaware Tribe of Indians Wellness Center between the hours of 2 p.m. and 8 p.m. on April 8, 9, or 10, 2014

Participants will weigh out from 2:00 p.m. and 8 p.m. on June 3, 4, or 5th, 2014 and cash prizes will be awarded to the three participants obtaining the largest percentage of weight loss. The person having the highest percentage of weight loss will receive a **\$200** cash award. The participant with the second high percentage of weight loss will be awarded **\$100** cash with the third highest winning **\$50**.

Complete details can be found at www.delawaretribe.org or the Delaware Tribe Facebook page and also in the April edition of the

Delaware Indian News

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