

Metlakatla

Waist **Removal**

12 month challenge

Weigh in at the Health Centre starting
Monday February 6th 2017

Everyone welcome community & staff

All weights are 100% confidential!
**Weight loss will be based on total
percentage of body fat lost.**

Final weigh in Grand prize winner
& 2 runner ups will be announced

NO REGISTRATION FEE

**Any questions, come see us at the Health Centre or
give us a call 778-629-1080**

Memo from the Health Centre



We are excited to announce two Health promotion programs beginning February at the Health Centre:

Waist Removal

Metlakatla

- The Waist Removal program will kick off with a weigh in on Monday February 6th!!
- There is no cost, and this will be a year weight loss program!!
- Quarterly weigh in's; every 3 months with prizes as we go, and a grand prize at the end.
- Monthly luncheons with a dietician
- Walking program with the Health and Rec team
- And much more!!!
- Any other ideas you would like to see, please let us know!!



Metlakatla Quit Now

- First Nations Health Authority and **quitnow** have teamed together to help you become Smoke Free!!
- Starting February 7th and the first Tuesday of the every month, there will be a 24 hour Timeout Challenge to quit tobacco (smoking) for 24 hours, with a \$250 prize to win!! See pamphlet for more details.
- **SAVE THE DATE MARCH 2ND quitnow** will be here in Metlakatla to begin our Smoking Sensation Program. 12pm till 4pm at the Hall lunch provided.