



**It is never
too early or
too late to
become a
healthier you!**



Pike County Health Department
Home Health & Hospice

1 Healthcare Place
Bowling Green, MO 63334
573-324-2111
www.pikecountyhealth.org

Weekly Weigh In **Wed. Sept. 13th - Wed. Nov. 15th**

This challenge is intended to provide positive encouragement & accountability for a lifestyle change; with an overall goal of being a healthier you and a healthier community.

\$20.00 Entry Fee

The participant with the highest percentage of weight loss at the end of the challenge will win all entry fees.

All entry fees are paid up front in cash.

*All proceeds go the challenge. Optional group activities will be scheduled throughout the challenge
Weigh In's will take place at our walk-in clinic: 1 Healthcare Place, Bowling Green, MO 63334*

For more information: www.pikecountyhealth.org 573-324-2111 facebook@bgpchd