



Ecclesiastes 4:9-10

*Two people are better off than one,
for they can help each other succeed.
If one person falls, the other can reach out and help.
But someone who falls alone is in real trouble.*

Do you need encouragement and accountability to meet your weight loss goals? **Join a PBC Biggest Loser T.E.A.M. for only \$25 & experience the excitement of group weight loss!**

- Monday, January 16—1st Weigh-in and Orientation
- Weigh-in every other Wednesday night—no meeting
 - Earn points for your team by:
 - exercising
 - weighing-in
 - keeping a food diary and
 - much more
 - Final Weigh-in on Wednesday, May 16
 - Weekly and overall prizes will be distributed to winning T.E.A.M.(s).

T.E.A.M.—TOGETHER.EVERYONE.ACHIEVES.MORE.