

Challenge yourself to lose or maintain your weight during the calorie-filled holidays!

Program includes weight maintenance weekly tip sheets!

Registration is required by **Nov. 14** at the Fitness and Sports Office in the Drill Hall. You will receive an information packet at time of registration.

Eligible Participants:
All eligible Drill Hall patrons.

Weigh-in: **Tuesdays, Nov. 14-Jan. 2.**

Cost: Active-duty and reserve military, \$5
Others, \$10

MWR vs Weight Maintenance Program

For more information, please call Drill Hall at 301-757-3943.



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