BIGGEST WINNER
OF ST. CHARLES COUNTY℠

Let us help you achieve your weight loss goals.

Take the 10 week Biggest Winner challenge.

By registering for the individual adult or family challenge you'll receive:

- A participation gift
- Choice of weekly weigh-in site
- Incentives to keep you motivated
- Weekly healthy recipes
- Support from our fitness partners
- Weekly wellness articles and tips via email
- Facebook discussion and tips

Get started with Biggest Winner or Biggest Winner Families by attending one of these mandatory kick-off events:

Wednesday, January 8, 6-7:30 p.m.
or Thursday, January 9, 6-7:30 p.m.

St. Charles Community College
Daniel J. Conoyer Social Sciences Building Auditorium

Both programs are FREE but registration is required. Please call 636.928.WELL (9355) or register online at www.BJCStCharlesCounty.org and click Health & Wellness.

Contest is limited to St. Charles County residents 18 years and older (with the exception of participants enrolled in Biggest Winner Families).

BJC HealthCare employees are not eligible for this contest.

Also presenting:

BIGGEST WINNER FAMILIES!

You've committed yourself to living a healthier lifestyle; now bring the whole family in on the fun. Families will have three group weigh-ins at weeks 1,5, and 10 of the competition. The family with the greatest average combined percentage weight loss will win the grand prize. Children (ages 8 and up) will receive nutrition and physical activity trackers.

Thank you to our partners:

- BJC Medical Group
- Fitness Fuzion
- Mid Rivers NewsMagazine
- Renaud Spirit Center
- St. Charles City-County Library District
- St. Peters Rec-Plex
- Siteman Cancer Center at Barnes-Jewish St. Peters Hospital

BARNES-JEWISH St. Peters Hospital
ProgressWest Hospital
BJC HealthCare

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