

MAINTAIN, DON'T GAIN

Join our Wellness Community by November 23 for our Maintain, Don't Gain Program and you'll receive -

No Dues in November*

Four wellness sessions to help you start your personal journey to your healthy lifestyle.

Weekly Nutritional or Fitness Tips on How To Maintain Your Weight During the Holiday Season.

Weigh-in when you join and weigh-out the first week of January. If you maintain, or lose, your weight - get \$100 credited back to your account!

Contact Our Membership Office Today!
724.250.5208



**WE ARE HERE
TO HELP YOU
THIS HOLIDAY
SEASON!**

*Offer valid for new membership and per 12 month contract only. Normal monthly rates apply. Must be in good financial standing with the center.

W WASHINGTON HEALTH SYSTEM
Wilfred R. Cameron Wellness Center
Wellness is Our Passion, Your Health is Our Mission

JOIN BY NOVEMBER 23!