



C H A L L E N G E



Pledge to avoid holiday weight gain

Kettering Health Network is holding a friendly **NOT A SINGLE POUND** challenge to encourage employees to avoid weight gain during the holiday season.

Join the challenge and choose to be healthier!

What do you need to do?

- **Weigh in** November 12-16
- **Maintain your weight** over the holiday season
- **Weigh out** January 7-11

Who's eligible?

All Kettering Health Network employees, volunteers, and physicians over 18 years of age are eligible.

Prizes

- All participants who weigh in and out will receive a gift for taking the challenge.
- All participants who weigh in and out and successfully maintain or lose weight will be entered into a drawing for a grand prize.

See ketteringhealth.org/bewell for complete details.



Weigh Stations - Call your facility contact for availability.

Facility	Location	Contact	Phone Number
Austin Landing	Suite 240	Donna Clark	x83461
Fort Hamilton Hospital	Employee Health	Christine Crowthers	x72612
Grandview Medical Center	Employee Health	Yvette Wilkins	X34228
Greene Memorial Hospital	HR	Kristi Hinton	x24115
Kettering Behavioral Medicine Center	Administration	Sunna Babar	x44632
Kettering Medical Center	Employee Health	Jay Fultz	x58894, Press 2
Kettering Medical Center	1E/Schuster Heart Clinic	Lisa Leonard	x58492
Preble County Medical Center	Radiology	Teresa Wright	456-8306
Prestige	HR (3rd Floor)	Winona May	x21193
Soin Medical Center	Employee Health	Kristi Hinton	x24115
Southview Medical Center	Administration	Teresa Lay	x16304
Sports Medicine - Englewood		Mindy Hoying	832-8982
Sports Medicine - Far Hills	Sports Acceleration	Candace Gorby	x53905
Sycamore Glen Retirement Community		Jeni Fultz	x62984
Sycamore Medical Center	Employee Health		x48705

