



Holiday Challenge!!

Cape Cod Municipal Health Group members are you ready for this challenge? Can you “maintain” your weight through the crazy holiday season? If you would like to try and maintain (*aka. gain no more than two pounds*) over the five weeks between Thanksgiving and New Year’s Day then this challenge is for you!!

To participate all you will need to do is be weighed in and provide an email address. Weigh-ins will occur during the weeks leading up to Thanksgiving (a detailed list of locations and times is on the reverse of this flyer). Deanna Desroches and her team (staff and school nurses) will be weighing in members across the Cape. Your weight will be logged and kept under lock and key!



During the five weeks of the Holiday season you will receive emails with discount coupons, tips and strategies to avoid weigh gain, and healthy recipes. We will also be providing weekly walks at the Hyannis Youth and Community Center **every Tuesday and Thursday night beginning November 20th from 4:30pm – 6:00pm**. You can drop in any time that is convenient to you but we would like you to register so we know you are coming: [Click here](#) or paste this link into your browser: <http://signup.com/go/BeWXhjk>.

For those of you that complete the challenge and do not gain more than two pounds you will be entered into a random drawing for fabulous prizes!! Please grab a co-worker or loved one or both and get ready to be fit and healthy over the Holiday season! I'll see you soon for your weigh-in and I hope to see you on the nice indoor, temperature-controlled track as well.

****Remember those of you that complete this challenge will also be rewarded with 25 points on our wellness portal! It's a win-win situation!!**

If you have any questions regarding this or any other wellness program please contact Deanna L. Desroches, Director, Cape Cod Healthy Connections, LLC, 508-631-7263 or capecodhealthyconnections@gmail.com

ccmhg.com



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Weigh-in Schedule

Barnstable County	Commissioner's Meeting Room	11/13/17	12:00 – 1:00
Cape Light Compact	Meeting Room	11/20/17	9:00 – 11:30
Mashpee Water District	Water Dept. - 79 Industrial Park	11/02/17	11:15- 11:45
Town of Barnstable	Selectmen's Conference Room	11/02/17	2:00 – 2:30
Town of Brewster	Town Hall Lunchroom	11/09/17	11:30-12:00
Town of Chatham	Community Center Art Rm.	11/09/17	9:30 – 10:00
Town of Dennis	Town Hall - Nickerson Conf. Rm.	11/09/17	12:30 – 1:00
Town of Eastham	Town Hall - Small Hearing Room	11/16/17	2:00 – 2:30
Town of Falmouth	Town Hall - Old Water Dept Room	11/02/17	10:00 – 10:30
Town of Harwich	Town Hall - Library	11/09/17	10:30 – 11:00
Town of Mashpee	Town Hall - Ockway Room	11/02/17	12:00 – 12:30
Town of Orleans	Town Hall - Skaket Room	11/16/17	1:00 – 1:30
Town of Sandwich	Town Hall - Hearing Room	11/13/17	1:30 – 2:00
Town of Truro	Town Hall - Historic Meeting Rm.	11/16/17	11:45 – 12:15
West Barnstable Fire District	Fire Station	11/21/	6:30 – 7:00

Below are schools that are participating in program. School weigh-ins are for staff members only. General public, including municipal employees, are not permitted in and out of the buildings during the school day

CCRTHS	Nurses Office	Any time Prior to 11/17	
Barnstable Schools	Nurses Office	Any time Prior to 11/17	
Station Avenue School	Nurses Office	Any time Prior to 11/17	
EH Baker Elementary	Nurses Office	Any time Prior to 11/17	
Falmouth Public Schools	Nurses Office	Any time Prior to 11/17	
NH Wixon Innovation School	Nurses Office	Any time Prior to 11/17	
Mattacheese Middle School	Nurses Office	Any time Prior to 11/17	
DYRHS	Nurses Office	Any time Prior to 11/17	
Mashpee Schools	Nurses Office	11/13/17 and 11/14/17	Any time during the day
Harwich Elementary	Nurses Office	Any time Prior to 11/17	
Monomoy High School	Nurses Office	Any time Prior to 11/17	
Stony Brook Elementary School	Nurses Office	Any time Prior to 11/17	
Chatham Elementary School	Nurses Office	Any time Prior to 11/17	
Nauset High	Nurses Office	Any time Prior to 11/17	
Oak Ridge School	Nurses Office	Any time Prior to 11/17	
UCCRVTS	Nurses Office	Any time Prior to 11/17	
Sandwich STEM & High	Nurses Office		

*****Please note! If for some reason you cannot make any of the weigh-ins above, we have a special last minute, last chance weigh-in opportunity on November 21st at the Hyannis Youth and Community Center (HYCC) from 4:30pm – 6:00pm!**