



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 gain no more than 2 pounds over the 6 weeks from Thanksgiving to New Year’s then this challenge is for you!!

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



During the 6 weeks of the Holiday season you will receive emails with discount coupons, tips and strategies to avoid weight gain, and healthy recipes. We will also be providing weekly “Walk & Shop” walks at the Hyannis Youth and Community Center **every Tuesday night at 5:15pm** beginning December 2nd. Burn a few calories and kick up those endorphins before heading to the Mall! You’ll beat that stress!!

For those of you that complete the challenge and do not gain more than 2 pounds you will be entered into a random drawing for prizes including **GARMIN vívofit® fitness bands as featured on the Biggest Loser, Polar FT4 Heart Rate Monitors, Withings WS-50 Smart Body Analyzer, and many more!!** So please grab a co-worker and get ready to be fit and healthy over the Holiday season – maybe even drop a few pounds! I’ll see you soon for your weigh-in and I hope to see you on the nice indoor track as well. Happy Holidays!!

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



Holiday Challenge!!

Weigh-in Schedule

Town of Barnstable	Hearing Room	11/10/14	10:30 – 1:30
Town of Barnstable	Senior Center	11/12/14	2:30 – 3:30
Town of Barnstable	HYCC – Shepley Room	11/18/14	1:00 – 2:00
Barnstable County	Superior Court Rms 11 & 12	11/24/14	1:30 – 2:30
Town of Brewster	Lunchroom	11/17/14	11:15 – 12:30
Town of Chatham	Community Center	11/18/14	10:00 – 11:00
Town of Dennis	Hearing Room	11/24/14	11:00 – 12:00
Town of Eastham	Small Hearing Room	11/21/14	12:00 – 1:00
Town of Falmouth	Old Water Dept. Room	11/19/14	10:00 – 12:00
Town of Harwich	Small Hearing Room	11/18/14	12:00 – 1:00
Town of Mashpee	Hearing Room	11/17/14	10:00 – 1:30
Town of Orleans	Namequoit Room	11/21/14	1:30 – 2:30
Town of Provincetown	Veteran’s Community Center	11/21/14	9:00 – 10:00
Town of Sandwich	Town Hall	11/25/14	8:00 – 9:00
Town of Sandwich	Jan Sebastian Way	11/25/14	9:15 – 9:45
Town of Truro	Historic Meeting Room	11/21/14	10:30 – 11:15

Below are schools that are participating in program. Please note that 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.

CC Collaborative	Administrative Offices	11/12/14	1:00 – 2:00
CCRTHS	Nurses Office	11/19/14	9:30 – 12:30
Barnstable Schools	TBD – check with RN in your school for date and time		
Station Avenue Elementary	Nurses Office	11/12 -11/14	9:20 – 3:25
EH Baker Elementary	Nurses Office	11/13/14	12:00 – 3:00
NH Wixon Innovative	Nurses Office	11/20/14	8:00 – 2:45
Mattacheese Middle	Nurses Office	11/20/14	8:00 – 2:30
ME Small Elementary	Nurses Office	11/21/14	2:00 – 3:00
DYRHS	Nurses Office	11/18/14	12:45 – 1:45
KC Coombs Elementary	Nurses Office	11/17/14	8:00 -3:15
Qashnet Elementary	Nurses Office	11/17 – 11/21	9:00 – 2:00
Mashpee Middle	TBD – check with RN in your school for date and time		
Mashpee High	TBD – check with RN in your school for date and time		
Harwich Elementary	Nurses Office	11/17 – 11/21	Anytime
Monomoy Middle	TBD – check with RN in your school for date and time		
Monomoy High	TBD – check with RN in your school for date and time		
Chatham Elementary	TBD – check with RN in your school for date and time		
Nauset Middle	Nurses Office	11/17 – 11/21	Anytime
Nauset High	Nurses Office	11/17/14	Anytime
Sandwich STEM & High	Mohring Room	11/24/14	8:00 – 2:00
Truro Central	Nurses Office	11/18 – 11/19	Anytime
UCCRVTs	Nurses Office	11/24/14	Anytime