



Come Join The Loss Causes!

**THE GOAL IS TO LOSE 10 POUNDS IN 10 WEEKS!
All Proceeds go to Missions for the trip to Hazard.**

Open to everyone in the church and/or friends, who want to lose a little weight and put their money where their mouth shouldn't be!

It will be strictly an honor system program. Weigh yourself for the first time on Monday, July 5th. For the next 9 Mondays, each participant weighs themselves and reports their loss or gain to Carol Thomas via email at cincicarol@yahoo.com or by phone at 451-6457 (leave a message).

The last Monday is September 13th. Carol promises her lips are sealed on each person's weight activity.

At the end of the 10 weeks, each participant will pay \$5 for each pound that they lost. \$2 for each pound gained. Each participant is on the honor system to contribute to the Mission Trip for their weight activity.

On September 19th, Carol will announce the name of the biggest loser, and the total amount lost as a group poundage number. Each participant can also donate an additional \$5 in honor of the "BIGGEST LOSER"!