

Help a local organization, and help yourself by losing those extra pounds.

DUMP THE PLUMP

FAMILY EDITION

**“It isn’t just about losing weight; it’s about adopting a new lifestyle.”
ALL AGES WELCOME!**

The 15th annual “Dump the Plump” Contest begins **Monday January 16th, 2012**. Now encouraging families to take the challenge together until **Monday June 18th, 2012!**

\$25.00/individual, \$125.00/team of 5

Weigh-ins at the Bioniche Hospice Quinte Centre, 225 Dundas St. East, Belleville.
You may pre-register at the office if you wish,
January 2nd – 13th

Please contact Erica Holgate for information

613-966-6610 or ericaholgate@hotmail.com



NEW THIS YEAR:

Dr. Jennifer Webster, General Practitioner & Heather Williams, Registered Dietician, have joined our team to present strategies to ALL participants on how to lose weight & keep it off!

ALL PROCEEDS GO TO HOSPICE QUINTE



www.hospice-quinte.ca