

2024 MAINTAIN DON'T GAIN CHALLENGE

November 4, 2024 through January 3, 2025

This holiday season consider giving yourself the gift of eating smart and staying active. You will be sent weekly emails to promote healthy living during the upcoming holidays.

To register email hcwellness@tompkins-co.org with your name/municipality.

Prizes: NYS Empire Pass, \$100 gift card to Wegman's, or a \$100 gift card to spa of your choice.



Registration is due by November 11th

Questions? Email: hcwellness@tompkins-co.org