

Do you want to eat better, get in shape and/or stop smoking? *And*, have fun celebrating your success?

SIGN UP NOW FOR THE



Gateway
to Health Challenge &
Dragon Boat Festival

Civic Entrepreneurs Organization

Includes:

- **12-week wellness program/competition - February 25 – May 16**
 - Teams of 2 - 10 employees compete in three areas
 - Nutrition, Increasing Physical Activity, and/or Smoking Cessation
- **Workbook and Website access for journaling and competition**
- **12-week Metro Adult or Family YMCA membership at reduced cost available**
- **Dragon Boat Team Participation (*Optional*)**
Dragon Boat Festival – Saturday, June 7 at Creve Coeur Lake
(*Space for Dragon Boat paddlers is limited*)
- **No Charge for Employees**

Sign up by _____

Sign-up sheet posted _____

For additional info, contact _____