The Wellness Committee is once again offering Fit Through the Feasts, a program that gives you a foundation of health and encourages you to maintain weight and make healthier choices during the busy holiday season.

**Program Starts:**  Monday November 19th  

**Final Weigh-In:**  Friday January 4th  

**The Goal:**  Stay within 1% of your original baseline weight

Additional weigh-ins will be held periodically throughout the program to check your progress and help keep you on track. The Wellness Committee will also supply educational materials along the way to help you lead a healthy holiday season.

Register at [www.gpfitnessandfun.com](http://www.gpfitnessandfun.com) then weigh in November 19th - 21st in the Human Resources department.

Outstate employees and spouses unable to weigh in at the Blair office may submit their weight to wellness@gpcom.com.

All weights will be kept confidentially in the HR department.