



2024 Holiday WAIST Challenge MEASURE-OUT

Wellness Holiday WAIST Challenge measure-out Program Details:

1. *Measure-out Clinic Calendar below.*
3. Individuals who meet the following values at the weigh-out clinic will be credited **\$50 HB**:
maintain waist circumference <35 inches for women or <40 inches for men
OR lose at least 0.5 inches if waist circumference is \geq 35 inches in women and \geq 40 inches in men

		
<p style="text-align: center;">Tues. Jan 2nd</p> <p>No. Collier Regional Park Admin Building Room A 7:30am-8:15am</p> <p>Growth Management Rooms 609/610 11:30am-1:00pm</p> <p>North Collier Gov Center Towne Hall Meeting Room 5:00pm-6:15pm</p>	<p style="text-align: center;">Wed. Jan 3rd</p> <p>Growth Management Rooms 609/610 7:00am-8:30am</p> <p>Main Campus Risk Training Rm 7:15am-8:15am 11:30am-1:00pm</p> <p>Everglades City—Council Chambers 12:00pm-12:15pm</p> <p>Main Campus Risk Training Rm 4:30pm-5:15pm</p>	<p style="text-align: center;">Thurs. Jan 4th</p> <p>Road & Bridge—Davis Blvd. 6:15-7:15am</p> <p>North Collier Gov Center Towne Hall Meeting Room 11:30am-1:30pm</p> <p>Immokalee Road & Bridge 4:30pm-5:00pm</p> <p>Immokalee Community Park Conference Room 5:15pm-5:35pm</p>
<p style="text-align: center;">Mon. Jan 8th</p> <p>Main Campus Risk Training Rm 7:15am-8:30am 11:30am-1:00pm 5:00pm-5:20pm</p> <p>Fleet Management Training Rm 11:45am-12:15pm</p>	<p style="text-align: center;">Tues. Jan 9th</p> <p>Main Campus Risk Training Rm 7:15am-8:30am</p> <p>Pelican Bay Admin Truist Building 801 Laurel Oak Drive, Suite 102 12:00-12:45pm</p>	<p style="text-align: center;">Wed. Jan 10th</p> <p>Wastewater Collections 2nd Floor Training Rm 7:00-8:00am</p> <p>Golden Gate Community Center Room C 12:00pm-12:30pm</p> <p>Main Campus Risk Training Rm 5:00pm-5:20pm</p>
		