



**Holiday Hold'em team challenge & individual challenge is here!** This annual program allows for County employees to focus on lifestyle weight management in a fun and supportive environment. Team results will be based on the change in the averaged body composition. In addition, participants will receive nutrition education, exercise inspiration and lifestyle-change motivation via educational emails & classes.

**REGISTER BY October 21st**

### TO REGISTER:

Step 1. Go to [PreventionCloud](#) > 'Events' > 'Holiday Hold'em' and complete the Microsoft registration form.

Step 2. Attend an onsite initial weigh-in.

### CHALLENGE PRIZE:

Each team or individual who maintains, or lowers their body fat percentage will receive a prize!

An additional prize will be awarded for the team with the most creative & entertaining name.

| INITIAL WEIGH-IN SCHEDULE |                                                                                       |                         |
|---------------------------|---------------------------------------------------------------------------------------|-------------------------|
| Date                      | Location                                                                              | Time                    |
| W. 10/21                  | 455 County Center, Lobby                                                              | 3:30 – 5:30 p.m.        |
| Th. 10/22                 | SMMC, 2 <sup>nd</sup> Floor, Rotunda                                                  | 10:30 a.m. – 12:30 p.m. |
| Th. 10/22                 | 222 Paul Scannell Drive, 2 <sup>nd</sup> Floor Library                                | 1 - 3 p.m.              |
| M. 10/26                  | Coastside Clinic: 225 South Cabrillo Highway<br>1 <sup>st</sup> floor Conference Room | 12 – 12:50 p.m.         |
| M 10/26                   | 537 Kelly Ave. Half Moon Bay                                                          | 1 – 1:50 p.m.           |
| M. 10/26                  | Half Moon Bay Library, Conference Room B                                              | 2 – 3 p.m.              |
| Tu. 10/27                 | 2000 Alameda, Atrium Room                                                             | 10 – 1 p.m.             |
| Tu. 10/27                 | 455 County Center, Lobby                                                              | 3 – 5:30 p.m.           |
| W. 10/28                  | 271 92 <sup>nd</sup> St., Daly City, Topaz Room                                       | 12 – 1 p.m.             |
| W. 10/28                  | 500 Quarry Rd., Summer Room                                                           | 2 – 5                   |
| Th. 10/29                 | 801 Gateway, Boardroom (1 <sup>st</sup> Floor)                                        | 10 - 1 p.m.             |
| Th. 10/29                 | 455 County Center, Lobby                                                              | 2 – 5:30 p.m.           |

**Questions?** Contact Nicole at [smccoach@preventioncloud.com](mailto:smccoach@preventioncloud.com). All measurements will be kept completely confidential.