November 15, 2021 – January 7, 2022

This holiday season, take charge of your weight. Most Americans gain weight during the holidays. This year, we want to help you keep the extra weight off during the holidays. Join the 8-week program that offers you weekly challenges, tips and resources to help you stay on track. Your goal is to maintain your weight during the holiday season. Put your commitment in writing by signing a pledge and track your progress every week using the weekly personal tracker.

Register Here

www.surveymonkey.com/r/2021NWGChallenge

or Scan QR Code

Weigh in and out to be entered into a drawing for a BeWell Swag Bag! Quantities are limited.

Earn up to 30 Healthy Lifestyle Activity Points
You could win 1 of 20 $100 Corporate Rewards Gift Cards*

*All gift cards are subject to taxation.