

Maintain... Don't Gain!



Keep the extra pounds away

Health Advocate has partnered with your employer to bring you **Maintain, Don't Gain**, a 10-week online program that can help you stay at a healthy weight throughout the holiday season and into the New Year.

Begins November 4th

Join Now!

Win a Fitbit Zip!

By participating in **Maintain, Don't Gain**, you may be eligible to win a Fitbit Zip. Get more details in your **Maintain, Don't Gain** weekly emails, which you will start receiving on or around November 4.



Questions?

Call:

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