



# Hidalgo County

# Employee Wellness Challenge

**BEGINNING AUGUST 3, 2019**



**WEAR SPORTY ATTIRE!**



### Weigh-In Event

Initial Weigh-In: Saturday, August 3, 2019  
Time: 8:45 am - 12:00 pm  
Location: Precinct 2 Indoor Sports Complex  
3600 Athol St, Pharr TX, 78577  
Final Weigh-In: October 26, 2019



### Mini Challenges

There will be three challenges conducted throughout the 12 week challenge period.



### Prizes

The top 3 participants with the most percentage of weight loss will win a prize!

Duration of the challenge is 12 weeks.

Participation is on an individual basis and is entirely voluntary.

Participants will be assessed by the total percentage of weight-loss.

*Don't limit your challenges, challenge your limits!*

### 2019 NATIONWIDE TEAM CHALLENGE



*Employees interested in participating as one of the 10 five-member teams representing the Hidalgo County in a Nationwide Challenge, please email us for additional information.*



For more information or to RSVP, please contact Employee Benefits Division at 956-292-7025 or email [hidalgocounty.wellness@co.hidalgo.tx.us](mailto:hidalgocounty.wellness@co.hidalgo.tx.us)  
HC4you encourage individuals with disabilities to participate in the program and its activities. If you need special accommodations, please contact Diana Huallpa at (956) 292-7025 ext. 4956.

