

Fond du Lac Employees Only

# FROSTY

# CHALLENGE

# 2018



LIFT YOURSELF UP AND GO FOR YOUR GOALS!

Here's how it works:

- Get weighed at any location list below.
- After six weeks reweigh at the **same** location and see if you beat the **FROSTY CHALLENGE** by staying within 2 pounds of your "baseline" weight or below.

### WEIGH-IN DATES/LOCATIONS

<p><b>Cloquet Community Center</b>  <i>Check in with Community Center registration staff</i>                  Monday, November 19 - Wednesday, November 21   8am - 6pm</p>	<p><b>Fond du Luth Casino</b>  <i>3rd floor conference room</i>                  Tuesday, November 20   7am - 2pm</p>
<p><b>Black Bear Casino Resort</b>  <i>2nd floor hotel by elevators</i>                  Monday, November 19   11am - 3pm</p>	<p><b>Min No Aya Win   MNAW</b>  <i>Clara Smith A</i>                  Monday, November 19   11:30am - 1:30pm                  Wednesday, November 21   12pm - 1pm</p>
<p><b>Center for American Indian Resources   CAIR</b>  <i>Conference room behind front desk</i>                  Monday, November 19   11:30am - 1:30pm</p>	

- If you are unable to make a time listed please contact Katie at [kathleenhughes@fdlrez.com](mailto:kathleenhughes@fdlrez.com) or call 878-3795.
- Last Day to Register is Wednesday, November 21.
- Final Weigh-in will be the week of January 7.
- You must weigh-in at the site you **initially registered for**.

*Celebrate your success at the end of six weeks! Congratulations!  
 Best of luck and happy, healthy habits!*

### FINAL WEIGH-IN DATES/LOCATIONS

<p><b>Cloquet Community Center</b>  <i>Check in with Community Center registration staff</i>                  Monday, January 7 - Wednesday, January 9   8am - 6pm</p>	<p><b>Fond du Luth Casino</b>  <i>3rd floor conference room</i>                  Tuesday, January 8   7am - 2pm</p>
<p><b>Black Bear Casino Resort</b>  <i>2nd floor hotel by elevators</i>                  Monday, January 7   11am - 3pm</p>	<p><b>Min No Aya Win   MNAW</b>  <i>Clara Smith A</i>                  Monday, January 7   11:30am - 1:30pm                  Wednesday, January 9   12pm - 1pm</p>
<p><b>Center for American Indian Resources   CAIR</b>  <i>Conference room behind front desk</i>                  Monday, January 7   11:30am - 1:30pm</p>	