

# **LOSE FOR A HEALTHY HEART**

**RULES:** Contest runs for 4 weeks. Prize to be awarded on 4th week. There will be a poster board

with little numbered hearts glued to it. Each time a member stays for the meeting and/or loses

weight they get to sign a heart (KOPS must at goal or below). On last week the secret number will

be drawn and the member whose name appears on the number will win the prize.

**PRIZE:** \$10.00 gift card for local store

**NOTE:** MUST be present last week to receive prize.