

Memorial Meltdown

JANUARY 12 – APRIL 12, 2026

Employee Health Fundraiser benefiting the Memorial Foundation Employee Crisis Fund

- ▲ Weigh-ins take place at the beginning and end of the challenge, with an optional midpoint weigh-in.
- ▲ The person with the biggest percentage of body weight lost wins the challenge (winner reserves the right to be announced or opt out).
- ▲ **Entry Fee of \$25 cash** must be presented at weigh-in (credit or electronic payment not available).
- ▲ Winner will be announced on **Wednesday, April 15, 2026**.
- ▲ Proceeds from the fundraiser will be split 50/50 with the winner and the Memorial Foundation Employee Crisis Fund.
- ▲ Optional weigh-in with the InBody (at Gulfport Main office and by appointment only). The InBody not only examines the compositions of your body, but also reveals percentage of body fat, muscle distribution, and body water balance; components that are key in understanding more about your body.
- ▲ For other offsite offerings, please call Employee Health at **(228) 867-4254** or email employeehealth@mhg.com.

WEIGH-IN OPTIONS (REQUIRED)



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| ▲ Gulfport – Employee Health Clinic
Monday-Friday, January 12-16
7:30 AM - 4:00 PM | ▲ Biloxi – Nancy Harville Room
Wednesday, January 14
5:00 PM - 6:45 PM |
| ▲ Biloxi – Employee Health Clinic
Monday-Friday, January 12-16
7:30 AM - 4:00 PM | ▲ Biloxi Annex
Thursday, January 15
6:30 AM - 8:00 AM |
| ▲ Gulfport MOB Atrium
Monday, January 12
7:00 AM - 9:00 AM | ▲ Biloxi – Nancy Harville Room
Thursday, January 15
9:00 AM - 11:00 AM |
| ▲ Memorial Hospital Employee Health
Monday, January 12
5:00 PM - 6:45 PM | ▲ MASS Building
Friday, January 16
7:00 AM - 9:00 AM |
| ▲ Biloxi – Nancy Harville Room
Tuesday, January 13
7:00 AM - 9:00 AM | ▲ Gulfport Main
Saturday, January 17
9:00 AM - 11:00 AM |
| ▲ Stone County – Conference Room
Wednesday, January 14
7:00 AM - 9:00 AM | ▲ Biloxi – Nancy Harville Room
Sunday, January 18
9:00 AM - 11:00 AM |