

WIN CASH  
WEEKLY PRIZES



ACCOUNTABILITY

SUPPORT

SALLI RENZ PRESENTS

# SPRING GROVE/RICHMOND WEIGHT LOSS CHALLENGE

AT THE GROVE PUB & GRILL

WITH JESSICA SIMA, CAREGIVER COACH & CONSULTANT, THE EVERYDAY NURSE

11 week weight loss challenge  
(highest % of weight lost)

**\$30**  
TO JOIN

*Begins 1/5/2021*

**WANT  
TO  
JOIN?**

SIGN UP & WEIGH IN  
TUES, JANUARY 5 2021  
ANY TIME BETWEEN  
4:00 PM - 7:00 PM

WEEKLY WEIGH INS  
TUESDAYS  
ANY TIME BETWEEN  
4:00 PM - 6:00 PM

THE GROVE  
2008 MAIN STREET  
SPRING GROVE



For More Info Find us on Facebook at:  
Spring Grove/Richmond Weight Loss Challenge  
call/text Salli Renz 815.675.0512