



REGISTER ONLINE TODAY!

Deadline: Thursday, September 8th at 9pm

<p>Mission Statement:</p> <p><i>Community organizations coming together to improve the health of the Salina area.</i></p>	<p>Pound Plunge is a 12 week, individual or four person team competition designed to help participants lose weight through exercise, diet, and lifestyle behavior change.</p> <p>Kick-off Event: Saturday Sept. 10th (8.30am-11am) at the Salina Central Mall in the old Goody's store—enter from outside Goody's.</p>
<p>Lose weight, win PRIZES and have a GOOD time!</p>	<ul style="list-style-type: none"> • Walk a mile with Mayor Samantha Angell at 8:30 a.m. outside the mall • Free Blood pressure checks, % Body Fat, Girth measurements, and nutrition information. • Discounted Blood work (for those who have pre-registered on the registration form) • Free prizes will be given out on a first-come-first-serve basis • Register to Win a Free ticket to attend the master Zumba class Sun Sept. 11th from 2-4 p.m. at the YMCA. Class taught by international sensation Oumar Camara. <p>Initial base weight will be taken at the kick-off (alternate day is Wed. Sept. 14th—5am-9am/ 11am-1pm/ 4pm-8pm at the YMCA).</p> <p>Weekly weigh-in will be held every Wednesday at the YMCA (same time above) YMCA open all day for pound plungers. Alternate day: Sunday 3-5 p.m. at YMCA</p>

Organized by: The Salina Family YMCA, Eagle Communications, WorldLinc Corporation, Saline County Health Department, COMCARE and Central Kansas Foundation.

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For more information, visit www.PoundPlungeSalina.com