



Century Calorie Club

Join the Century Calorie Club

Maybe the Easiest Way to Lose 10 Pounds in One Year

What: “Find” 100 calories per day. You’ll achieve this goal either through reducing caloric intake or increased calorie burning. We’ll provide you with detailed lists of ideas for both methods and a way to track your progress. *Find a partner to join the ‘Club’ with—working together increases your success rate.*

When: September 1st - 30th, 2012.

Prizes: Complete & return your tracker by 10-5-12 & earn your choice of a Nasomah Wellness fleece hat (Black or Navy) or a Century Calorie Club t-shirt!

How: Return a copy of your calorie tracker to Nasomah Wellness, attention: Denise Stuntzner. Trackers may be faxed, mailed, emailed, or hand-delivered.

Sign Up: Contact Denise Stuntzner beginning now, to sign-up. All Native Americans are eligible to participate. *No sign-ups will be taken after September 5th, 2012.*

Denise Stuntzner
Nasomah Wellness Coordinator

POB 921

North Bend, OR 97459

Phone: 1-541-751-0940, ext. 2

Toll Free: 1-866-436-4785

Fax: 1-541-756-4714 or email:

wellness@coquilletribe.org

