

WANTED:

Alkar-RapidPak employees who want to maintain
or lose weight during the Holiday Season.

Come be a part of the

1st Annual Holiday Season "Weight Pool"

To participate just complete these three steps:

1. Weigh in each week – on the Honor System.
2. Pay \$10.00 to participate for the entire 5-week period.
3. If after one week you have lost weight or maintained your weight, your name will be put in a drawing for the dollars collected in the pool.

Reasons to participate:

1. Maintain or lose weight through the Holiday Season.
2. Win cash prizes –
The more participants, the larger the pool of winnings. Five drawings will take place on weigh-in dates of December 9, 16, 23, 30 and January 6.
3. A chance to win a "Grand Prize Drawing" at the end of the 5-week period.
4. Get on the right track for the New Year.
5. Have fun.

Contact Dawn Karls at Plant #1 or Jane Dolphin at Plant #2
if you would like to participate.

First weigh-in should take place on December 2, 2003.

Scales will be located in the lunchrooms at Plant #1 and Plant #2.

