

# health and wellness events



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healthy changes  
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[bsneny.com](http://bsneny.com)

**This nine-week program encourages co-workers to team up and work together to lose a percentage of their body weight through healthier eating and increased physical activity. Start 2014 off right, form a team and sign up today!**

- Teams will consist of 3-5 participants. Each team will have one team captain
- Team captains must register their teams and select a team name by January 16 (program **starts January 21**)
  - **Register your team by emailing Jenna Pearson**, your BlueShield Health Promotion Specialist, at [pearson.jenna@bsneny.com](mailto:pearson.jenna@bsneny.com)
- Initial weigh-ins will take place January 21-January 23. Weights are kept confidential
- All participants will have the opportunity to be entered into raffle prize drawings
- Weekly tips and encouragement will be provided