



**CHARLES & BARBARA DUBOC  
CARDIO HEALTH & WELLNESS CENTER**

# Weight Loss Competition

Continue Your 2019 Journey  
Registration April 1<sup>st</sup> through April 5<sup>th</sup>\*

**Locations of Weigh-in** – For more information call Cardio Wellness Center at 816-751-8480 or view the website at [www.cardiowellnesscenter.org](http://www.cardiowellnesscenter.org). \*Please check with individual sites for availability of extended hours.

## SAINT LUKE'S CARDIOVASCULAR CONSULTANTS CARDIO HEALTH & WELLNESS LOCATIONS

Plaza	North	East	South
4321 Washington, Ste 2400 Kansas City, MO 64111 7:30 am – 4:00 pm	5844 NW Barry Rd, Ste 230 Kansas City, MO 64154 7:30 am – 4:00 pm	20 NE Saint Luke's Blvd, Ste 240 Lee's Summit, MO 64086 7:30 am – 4:00 pm	12330 Metcalf, Ste 280 Overland Park, KS 66213 7:30 am – 4:00 pm
<b>Saint Luke's Convenient Care Clinics</b> 13 locations throughout Kansas City Check with each location for days/time		<b>Anderson County Hospital</b> 421 S Maple St Garnett, KS 66032 Employee Health	

**Baseline Weigh-in** – You must weigh-in during one of these initial dates. Baseline and Final weigh-in must be completed at the same location.

<i>Monday, April 1, 2019</i>	<i>Wednesday, April 3, 2019</i>	<i>Friday, April 5, 2019</i>
<i>Tuesday, April 2, 2019</i>	<i>Thursday, April 4, 2019</i>	

**Monthly Weigh-in 4 weeks** – Three options for weigh-in.

<i>Wednesday, May 1, 2019</i>	<i>Thursday, May 2, 2019</i>	<i>Friday, May 3, 2019</i>
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**Monthly Weigh-in 8 weeks** – Three options for weigh-in.

<i>Wednesday, May 29, 2019</i>	<i>Thursday, May 30, 2019</i>	<i>Friday, May 31, 2019</i>
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**Final Weigh-in 12 weeks** – For consideration of prize monies, you must weigh-in one of these final dates. Baseline and final weigh-in must occur at the same location.

<i>Monday, June 24, 2019</i>	<i>Wednesday, June 26, 2019</i>	<i>Friday, June 28, 2019</i>
<i>Tuesday, June 25, 2019</i>	<i>Thursday, June 27, 2019</i>	

**Entry Fee - \$35.00 for Individual / \$50.00 for Two Participants (must register together)**  
**Separate Competition for Men and Women**

Every four weeks you will have the opportunity to have your weight measured and recorded for a total of four weigh-ins. You **must** weigh-in during the registration week in April for your baseline; and you **must** weigh-in during the final weigh-in at the end of June to be considered for prize monies.

During this time, participants may find it helpful to participate in our Cardio Health & Wellness Program, which is covered by most insurance plans. In addition, information and encouragement will be available through weekly emails, information posted on the Cardio Health & Wellness Center website at [www.cardiowellnesscenter.org](http://www.cardiowellnesscenter.org) and on our Facebook page <https://www.facebook.com/cardiowellness/>.

Winners are determined by the greatest percent reduction in weight. Prizes depend on the number of participants in the male and female category. Five dollars (\$5) of each entry fee will be applied towards administrative costs of the program. The remainder of the money is distributed among the winners. There will be a first (75%), second (15%) and third (10%) place prize monies for male and female category. Winners will be notified by July 12, 2019 and will be listed on the Cardio Health & Wellness Center website and Facebook page.

Encourage everyone you know to compete – it will increase the prize awards. Participants must be 16 years old and at least 12 months from pregnancy, gastric bypass or lap band procedure, laser, fat-freeze or liposuction, and not participating in a medically managed weight loss program, or a program attached to a specific supplement/food product (ie HCG diet, Medi-Weightloss, Slim4Life, Nutri-System, Jenny Craig, etc. *Weight Watchers is an approved program*). Photo ID will be required.

**2018 female winner won almost \$4600.00 . . . This could be YOU!**

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816-751-8327 – appointments • 816-751-8520 – nursing • 816-751-8665 – fax  
[www.cardiowellnesscenter.org](http://www.cardiowellnesscenter.org)