



# YOU ARE INVITED...

Dear Employee,

We are inviting you to change your life. We have created a weight-loss program for Hanford employees who have 80-100 pounds to lose and are ready to begin the journey to a healthier life. The class will begin on January 17, 2012, and meet every Tuesday afternoon (3:30-4:30 pm) for the entire year. The thirty participants that completed the 2010 & 2011 classes have lost almost 1,200 pounds as a group, and are enjoying new lifestyles, extra energy, reduced medications, and positive outlook, knowing that they have control over their weight for the rest of their lives. This year, we are inviting YOU to join our Weight Loss Convoy Class and enjoy those same benefits.

We recognize your effort in reaching a healthy weight because you have participated in our programs in the past. This is **your** year to be the healthy person you've been wanting to be. This year, you can lose 100 pounds—we can help you. Think of what that would mean, to lose 100 pounds...

- You might find you can do things you've never done before...
- You might get to return to a pastime that you used to enjoy...
- You might reduce or eliminate medications...
- You might sleep easier at night, and have more energy during the day...
- You might look in the mirror and feel proud of the changed person that you see smiling back at you...



We are offering you a seat in a special program. We see potential in you and we want to help you by offering support, education, accountability, and motivation. This program includes:

- ◆ A baseline appointment with a certified health coach (with follow-up appointments)
- ◆ Weekly meetings with other program participants for a weigh-in and support session
- ◆ Rewards and incentives for participants as they reach certain milestones

While the program is “free” it does not come without a cost. Participants in this program will be expected to take an active role in their health and lifestyle decisions. This program is not for the casual participant or passive listener. The greatest reward of your participation will be your improved health and gaining the tools to continue toward your health goals.

Please feel free to call or email us if you have any questions. **It's your health, own it!**

**Please RSVP to join the WEIGHT LOSS CONVOY program.**

Health Education Services

**Class Instructors:** Shannon Haselhuhn & Kelly Harnish

**Where:** CSC Hanford Clinic, 1979 Snyder, CR 136

**When:** Starting January 17, 2012—every Tuesday, 3:30-4:30 pm

**Phone:** 376-3939

**Email:** [ahew@rl.gov](mailto:ahew@rl.gov)

Please obtain your manager's approval to participate in this program during work time.

## 2011 Success Story

“The Weight Loss Convoy has been a great experience. It has enabled me to lose over 80 pounds in the last eleven months with the support of my wife, my manager, my coworkers, and the Weight Loss Convoy.

As you start losing weight, I noticed that you feel a lot better, you don't hurt as much, it is easier to move around and you are able to start getting back to doing the things that you “used to do”.

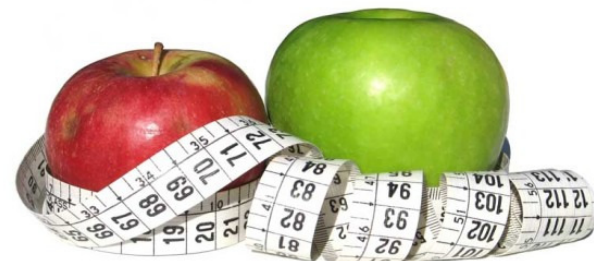
Our convoy started in January 2011 with about 40 members. In addition to the weekly presentations from Shannon and Kelly, the weekly meetings allow you to share your successes, disappointments, recipes and exercise tips from a new group of friends that can relate to what you are going through.

If anybody thinks this is just chance to get away from work for an hour a week, they need to think again. Shannon and Kelly help you establish your goals, develop a plan, give you the tools to succeed, and then help you hold **yourself** accountable.

Please realize that this is not a “New Year's resolution” type of class. This is a yearlong commitment for YOUR health!

I would highly encourage anyone who is gets the opportunity and is ready and “committed” to make a lifestyle change to lose weight, to sign up for the Weight Loss Convoy. It will be a fun life changing experience.

**Dane Butler, WRPS**



**Hanford Occupational Health Services**