



**\$30.00  
entry fee  
-cash only-**

**Male & Female  
Cash Prizes**

**1st- \$400  
2nd- \$200  
3rd- \$100**

# 12-Week

# Body-Fat Challenge

The Fort Yuma Wellness Center will open our scales Tuesday February 18, 2025 at 6am and close registration on Friday February 21, 2025 at 5pm. We will be utilizing the Wellness Center 'InBody Scale' ONLY. No home or outside scales will be allowed.

**February 18, 2025 - May 09, 2025**

Register and weigh-in at The Fort Yuma Wellness Center  
1890-A San Pasqual School Road winterhaven, CA 92283



**Challenge Includes Tshirt & bag (while supplies last) and 6 presentations  
hosted by Wellness Center and FYHCC Partners**

- Weight-loss For Life presentation
- Chronic Disease Prevention
- Diabetes Education: Controlling Blood-Pressure & Diabetes with exercise
- Healthy Cooking Demonstrations
- Weight-loss medications (Ozempic)
- And more....

**[wellnesscenter@quechantribecom](mailto:wellnesscenter@quechantribecom)**

**760-572-4057**

