



# Lighten Up SGV

Community  
Weigh-In Event!

Saturday,  
January 26, 2019  
8 to 11 a.m.

Queen of the Valley Hospital  
Oakwood Room

1115 S. Sunset Ave., West Covina, CA

- Weigh in for the annual Lighten Up SGV! weight loss challenge
- Educational Workshops
- FREE blood pressure and body fat screenings
- FREE giveaways & door prizes
- Healthy Living Booths

*Lighten  
Up and  
Share the  
Health!*

**To RSVP call (888) 456-2847**  
[www.lightenupsgv.com](http://www.lightenupsgv.com) for more information

Citrus Valley Health Partners  
is becoming **Emanate Health**

Individuals (ages 12 and up) and teams of 5 are eligible. A \$250 cash prize will be awarded for highest percentage of weight lost at the next weigh-in event on June 29, 2019. Program sponsored by Citrus Valley Health Partners.