

Individuals Lose To Win Contest

Starting Monday January 23rd!

Please **weigh in** at the Tyendinaga Fitness Resource Centre on

Monday Jan. 23, 2012 before 8:00pm

Cost to participate is **\$30.00** per person

****You do not have to be a member to take part****

Winning person receives half of the proceeds!

This is a Fundraiser for TFRC; Your support is appreciated



**Final Weigh-out Date:
Friday March 2nd,
2012**

For more information contact TFRC at
613.962.2822 / Tyfitresres@mbq-tmt.org