



Hernando County Health & Human Services

Providing general information and advocacy for resources that help resolve human and social service needs

11/29/2017 - 2018 Great Hernando Weight Loss Challenge

The challenge is based on teams of 10 individuals working together to lose 10 pounds in 10 weeks. The cost to participate is \$10 per person. An informational meeting will be held Tuesday, December 5 from 5-6 pm at the Hernando County Library- West Hernando Branch, 6335 Blackbird Ave, Brooksville (near Withlacoochee Electric) for those who want to organize a team. Details on important dates, deadlines, awards, rules and required paperwork will be available.

Seven hundred people (70 teams) participated in the 2017 challenge with a total community loss of over 5000 pounds. Local pharmacist Mike Liquori had the single greatest weight loss while a Hernando County Fire Rescue team lost the most collective weight. Awards, tee shirts and cash prizes are all part of the experience.

For more information on the 2018 Great Hernando Weight Loss Challenge informational meeting, Ann-Gayl Ellis at 352-540-6817 or Ann-Gayl.Ellis@flhealth.gov or Angie Bonfardino at 352-688-2026 or angie@unitedwayhernando.org

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