



West Side Healthy Lifestyle Contest 2018

Process:

The Healthier Choices for our West Side Campaign is hosting the Tenth Annual "Biggest Loser" weight-loss contest featuring teams from Gustine, Newman and Patterson. This year we are encouraging our Business, Education and Media sector partners to join in this fun and interactive community awareness activity.

- Teams will consist of 5 to 10 members.
 - An official team roster (see attached) identifying a team captain is required along with letter of intent to participate. *Team Captain does not need to be part of the official team.*
 - Letter of intent to participate and completed team rosters are due no later than June 1, 2018 close of business.
 - Send your email of intent to participate and team roster with contact information to: demartinij@stancounty.com or fax 209-525-4410

The official weigh-in will take place at the Tenth Annual Healthy Choices Summit on June 14, 2018.

- Each team will be weighed cumulatively.
- If a team does not have all roster members in attendance at the weigh out, they will receive a penalty of two pounds per person.
- The teams will have until Thursday August 23, 2018 to lose weight through healthy life style choices.
- At the August 23, 2018 weigh out party held in Gustine, teams will again be weighed and the team that has lost the most weight collectively (divided by the number of team members) will be declared the contest winner. NOTE: Teams will be required to show proof of roster prior to weigh out.

The Healthier Choices for our Westside Campaign is an initiative of the West Side Healthcare Advisory Task Force. The Task Force includes the following public and private sector partners:
Del Puerto Healthcare District - Westside Healthcare District - Golden Valley Healthcare - Sutter Health - Doctors Medical Center - Emanuel Medical Center - City of Gustine - City of Newman - City of Patterson - Merced County - Stanislaus County - Patterson Unified School District - Gustine Unified School District - Newman/Crows Landing Unified School District - KeyStone Corporation- Center for Human Services- Catholic Charities

10th Annual



HEALTHY CHOICES SUMMIT

for the West Side

**WEST SIDE
THEATRE Downtown
Newman**

June 14, 2018

4:30 PM - 6:30 PM

Sandwiches will be provided

Keynote Speaker

Dr. Julie Vaishampayan

Heath Officer

Stanislaus County



west
side
**Biggest
LOSER**

Biggest Loser Contest

WEIGH IN AT 4:30PM

Healthier
CHOICES
for our west side

**For More Event Information Call
209-525-4470**





Tenth Annual Healthy Choices Summit

West Side Theatre- Downtown Newman

June 14, 2018 4:30p.m.-6:30p.m.

Livingston Community Health
 Center for Human Services
 Horizon Health
 Sutter Health
 Del Puerto Healthcare District
 Doctors Medical Center
 Golden Valley Health Centers
 Emanuel Medical Center
 West Side Healthcare District
 Newman-Crows Landing Unified
 School District
 Patterson Joint Unified
 School District
 Gustine Unified School District
 Keystone Pacific Business Park
 Stanislaus County
 Merced County
 City of Patterson
 City of Newman
 City of Gustine

4:30pm-5:00pm: Registration/Vendor Displays
 Biggest Loser Contest All Teams Weigh-In

4:45pm Box Sandwiches Served

5:00pm Opening Remarks- Bob Martina, Mayor of Newman
 Supervisor Jim DeMartini, Taskforce Chairman
A Year in Review

5:15pm Remarks and Introduction of Keynote Speakers
 Deborah Novelli, Mayor of Patterson
KEYNOTE SPEAKER
Dr. Julie Vaishampayan, Health Officer
Stanislaus County Health Services Agency

5:45pm Closing Remarks- Joe Oliveira, Councilmember of Gustine

Until 6:30pm Informational Showcase- Vendor Demonstrations
 Community Networking

West Side Healthcare Task
 Force
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