

March 25, 2011

Volume 5, Issue 1



Live Well Weekend

Save the date **Friday, May 20th-Saturday, May 21st!** Sponsored by Central Michigan Community Hospital, *Live Well Weekend* is a wellness event promoting healthy living. The event kicks off with our keynote event featuring **Helen Phillips, winner of *The Biggest Loser, Season 7.*** Helen will speak at the Comfort Inn Conference Center in

Mt. Pleasant. As a 48 year old mother of three, Helen lost 140 lbs and 20 dress sizes, dropping from 257 pounds to 117 and reducing her total body weight by 54.17%! She believes it is never too late to make a change. On **Saturday morning, May 21st** it's time for the **10th annual R.A.T. Race!** Run with Helen and over 200 other



Helen Phillips, before and after.

runners in the largest annual race in Mt. Pleasant. Our Run-A-Trail Race consists of a one mile fun run/walk and a 5K, and is for individuals of all ages and abilities.

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Special points of interest:

- Closed Easter Sunday, April 24th.
- **Friday, May 20th**
Keynote Event: Helen Phillips, Winner of *The Biggest Loser, Season 7*— 7:00pm
- **Saturday, May 21st**
R.A.T. Race, 1 mile fun run and 5K — 9am
Relaxing 90-minute Yoga Session — 1:00-2:30pm
Informative Live Well Sessions — 1:00-2:45pm

Core Cardio Challenge Winners

Congratulations to the winners of our *Winter Core Cardio Challenge!*
Marathon Miles: Rachael Shilman
Mountain Trek: Jamie Funnell

Tour de France: Cathy Warner
Many of you committed to coming in at least twice a week for eight weeks while running/walking,

climbing, and biking to your destination.

What great role models and an awesome way to

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