



KROC CENTER HOLIDAY SHAPE UP REGISTRATION STARTS TOMORROW, NOVEMBER 28

Get a 6 week Kroc Center membership for just \$10 and stay healthy all through the holidays

For Immediate Release- Biloxi, MS (November 27, 2012) – This is YOUR chance to shape it up once and for all. Beat the New Year’s Resolution rush by getting in shape NOW! You CAN do this!

The Holiday Shape Up Program begins registration November 28 through December 4. It cost just \$10 for a 6 week membership at The Salvation Army Kroc Center, November 28, 2012 – January 9, 2013.

Open to the entire Gulf Coast community! No Need to be a Kroc member!

Here’s how it works:

- 1) Fill out registration form and weigh-in at the Kroc Center November 28-December 4, 2012
- 2) Each week (Wednesdays) come to the Kroc Center and weigh-in to maintain prize eligibility and check your progress!
- 3) Enjoy your Kroc membership!
- 4) At the end of the 6-week program, the first 3 top place finishers (most total percentage of weight lost) will win a prize given by the Kroc Center.

First Place : 1 Year Family Membership

Second Place: 1 Year Adult Membership

Third Place: 1 (6) month Adult Membership

- ***ALL participants that weighed in EACH week will be entered into a PRIZE Drawing for a special prize!***

The Salvation Army Kroc Center offers membership packages to fit any lifestyle and budget: youth, adult, senior, family, couple, and month-to-month, three-month and annual plans. They have just been named a new facility for the SilverSneaker program too! Scholarships are available for those that may need assistance as well.

The Salvation Army Kroc Center offers recreational, fitness, creative arts, visual arts, and fellowship opportunities for the young and young-at-heart. For a detailed listing of the Kroc Center rate packages and other amenities, please visit our website at www.KrocMSCoast.org or call the Welcome Desk at (228) 207-1218.

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