SHRINK-A-Thon™

AS WE LOSE, PATRICK HENRY HIGH SCHOOL FOUNDATION WINS

Teams are forming!

Shed pounds, have more energy and support a great cause at the same time.

- Science based weight loss techniques that work!
- Lose 10 pounds or 100 pounds!
- Group support!
- Make a difference!

Join us for an introductory dinner party at the Patrick Henry High School Cafetorium on Monday, January 11 at 7:00 pm to 8:30 pm to learn about this new fundraiser for the Patrick Henry High School Foundation and introduce you to a 12-week "*Healthy for Life*" course starting soon.

Family, friends, and members of the community are invited.

RSVP is required for dinner. Dinner and program start at 7:00 promptly.

To RSVP: Please call Pam or Tom at 619-460-4910