



Maintain Don't Gain

This holiday season,
STAY on TRACK

Nov. 13 – Jan. 7

Stay active, keep nutrition in check and prevent weight gain this holiday season with a **FREE** self-directed program led by LIVE FOR LIFE.

Get weekly recipes, health tips and motivation. Plus, earn LIVE FOR LIFE dollars for massages, workout gear and more.

Learn more and register at
hr.duke.edu/maintain

Organized by LIVE FOR LIFE, Duke's employee wellness program

