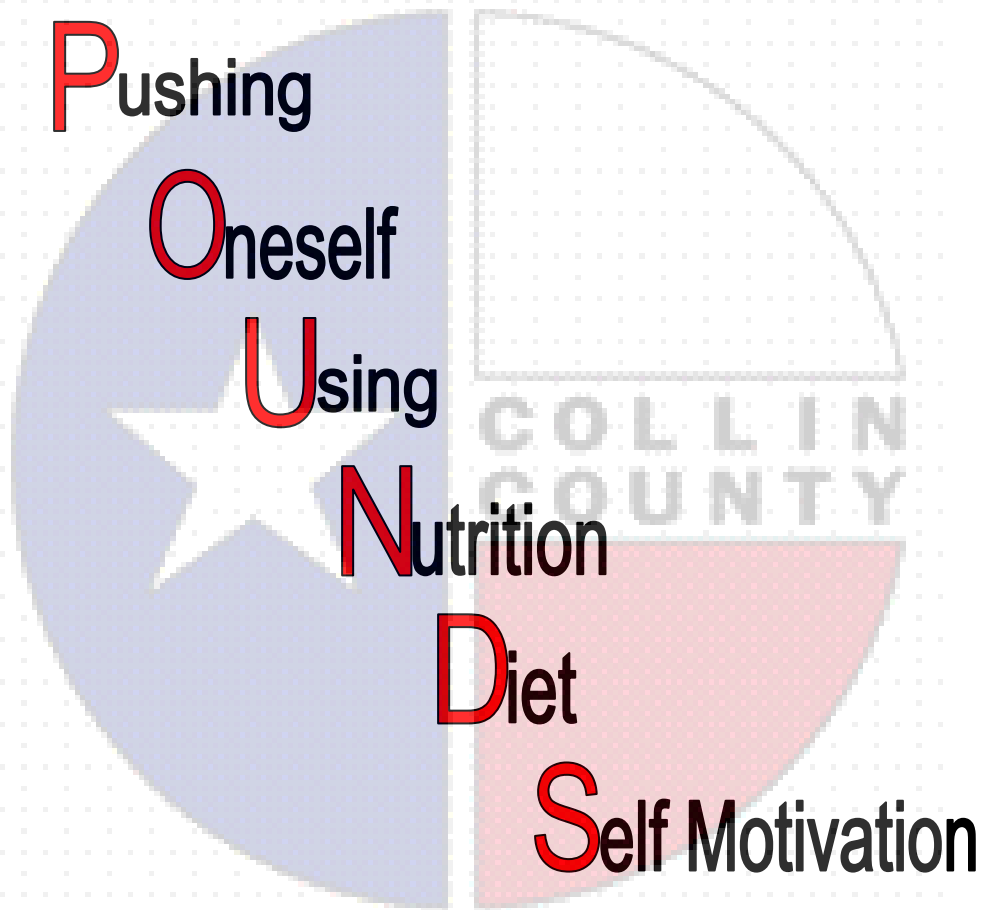


Inspiration is the key to any life changes. Are you willing to change?

Collin County Health Care Services is challenging you to participate in the **2012 POUNDS Challenge**. You ask yourself what does POUNDS stand for?



Losing weight is more than the calories and workouts; it is about you and the motivation to do better for yourself. Weight loss should be about making you healthier, happier, and not about fitting in that bathing suit for one season. So setting goals on what you intend to achieve will help you focus and motivate you to change. The question is are you up to the challenge?