



TIME WARNER CABLE — ALBANY



2011 HEALTH & WELLNESS COMPETITION

Deadline to Sign-up is Friday, February 4

Starts Week of February 7th!

**TEAM AND INDIVIDUAL ENROLLMENT FORMS CAN BE
GIVEN TO HR OR YOUR LOCATION CA!**

This Year's Competition will last for 10 weeks!

February 7 through April 15!

**WINNERS WILL BE DETERMINED BY THE HIGHEST WEIGHT
LOSS PERCENTAGE!**

This is your chance to:

Lose weight feel healthy and win money \$\$ all at the same time!

PROGRAM HIGHLIGHTS:

Weekly email tips

Lunch and learns

Weekly Wellness Incentives and more!



<http://employees.twalb.com/wellness/index.php>