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Support

Every day is another chance to make a breakaway from the past. You4Life and Weight Watchers at Children's give employees the chance to learn about getting healthier. You4Life is helping our employees lose thousands of pounds by giving them access to a nutritionist and a physical trainer to develop the wellness strategy that works best for them.

Showing strength in numbers, the Weight Watchers participants at Children's at Hughes Spalding have been extremely successful. After losing 60 pounds, participant Shari Baker earned enough Celebrations points to get a new bike.

Make tomorrow a fresh start. If you've never been, come to a meeting. If you're feeling really adventurous, bring a friend.

Visit the Your Connection section on Careforce Connection and check out the Strong4Life Online Programs under the Wellness heading.