



21ST ANNUAL GRAND HEALTH CHALLENGE

**TAKE A CHANCE ON
A HEALTHIER YOU!**

The odds are in your favor! Join us for the 21st Annual Grand Health Challenge and make healthy habits your winning hand. Whether you're playing solo or bringing your best team to the table, this challenge is your chance to get active, eat better, feel better, and win together.

WHAT'S IN YOUR HAND?

Expert Health Speakers

Get practical tips and motivation from health professionals.

FREE A1C & Lipid Panels

Know your numbers and track your progress.

Mental Health, Fitness & Nutrition

Build healthier habits that last beyond the challenge.

Accountability & Teamwork

Stay motivated and have fun along the way.

Registration Deadline:
December 29, 2026

First Weigh-In:
January 5, 2027

Three mandatory weigh-ins will take place in January, March and May, during the first week of each month.

Save the Dates & Ante Up!
Evening challenge meetings will begin at 6:00 PM

- January 12, 2027
- February 9, 2027
- April 13, 2027
- May 11, 2027

The best bet you can make is on **YOU!**

Scan the QR code to register!



If you have issues signing up online, please contact Nicole
This at Nthis@jtdmh.org
or 419-394-6132.

