



“Strive For Your Optimal Weight” Weight Loss Challenge

Schedule of Events

Week	Event Description	Event Date	Event Time	Event Location/Room
Week 1	Initial weigh-in and seminar. This can also be completed online.	June 18, 2018	9 a.m. – 1 p.m. Seminar at 12 p.m.	Cooper Hospital P1004
		June 18, 2018	8 a.m. – 2 p.m. Seminar at 12 p.m.	CCBO Camden Auditorium
		June 18, 2018	11:45 a.m. – 3 p.m. Seminar at 2 p.m.	Voorhees Clock Tower
Week 3	Nutrition Counseling. This can also be completed online.	July 2, 2018	11 a.m. – 5 p.m. Must register for 15 minute appointments.	Cooper Hospital P1007
		July 2, 2018	9 a.m. – 3 p.m. Must register for 15 minute appointments.	CCBO Camden Auditorium
		July 3, 2018	10 a.m. – 4 p.m. Must register for 15 minute appointments.	Voorhees Clock Tower
		July 5, 2018	10 a.m. – 4 p.m. Must register for 15 minute appointments.	CCBO Camden Auditorium
		July 6, 2018	10 a.m. – 4 p.m. Must register for 15 minute appointments.	Voorhees Clock Tower
		July 6, 2018	10:30 a.m. – 4:30 p.m. Must register for 15 minute appointments.	Cooper Hospital P1014
Week 4	Mid-Point weigh-in and seminar. This can also be completed online.	July 11, 2018	8 a.m. – 12 p.m. Seminar at 11 a.m.	Cooper Hospital P1014
		July 11, 2018	9 a.m. – 1 p.m. Seminar at 12 p.m.	Voorhees Clock Tower
		July 11, 2018	1 p.m. – 5 p.m. Seminar at 4 p.m.	CCBO Camden Auditorium
Week 6	One-hour cooking class. Plan ahead, this must be in person.	July 23, 2018	9 a.m. – 11 a.m. Class at 10 a.m.	CCBO Camden Auditorium
		July 24, 2018	10 a.m. – 12 p.m. Class at 11 a.m.	Cooper Hospital P1014
		July 25, 2018	10 a.m. – 12 p.m. Class at 11 a.m.	Voorhees Clock Tower
Week 8	Final weigh in and seminar. This can be completed online.	August 6, 2018	9 a.m. – 1 p.m. Seminar at 12 p.m.	CCBO Camden Auditorium
		August 8, 2018	9 a.m. – 1 p.m. Seminar at 12 p.m.	Voorhees Clock Tower
		August 10, 2018	1:30 p.m. – 5:30 p.m. Seminar at 4:30 p.m.	Cooper Hospital P014

For questions call 856.382.6432 or send an email to HRBenefits@CooperHealth.edu.