



**What is HELP?** HELP is a 6-week wellness program through MUSC that promotes healthy living and weight management through education and activities. Best of all, HELP is a contest in which YOU have the opportunity to win door prizes and a grand prize worth \$100!

**What does the Program Entail?** Hosted by the MUSC Dietetic Interns, this program runs from January 14<sup>th</sup> through February 25<sup>th</sup> and includes an “weigh-in” assessment, weekly classes and interactive activities, and a final “weigh-out” evaluation. For each activity you perform, class you attend, and percent of weight/body fat change, you will earn points. The participant with the most points at the end of the 6 weeks will be the grand prize winner (prizes also for second and third place). Door prizes will also be awarded during each class (you must be present to win).

**When will Classes be Held?** Weekly classes will be offered twice daily to fit your schedule, at EITHER 12:15-12:45 or 5:00-5:30 in the Basic Science Building #302. Classes are held every Monday, January 14<sup>th</sup> through February 5<sup>th</sup> (except Martin Luther King Day and Presidents Day—those will be held Tues, Jan 22<sup>nd</sup> and Feb 19<sup>th</sup>). Participants will be sent reminders via weekly email and newsletters.

### How do I Register?

- Registration is open to all MUSC employees, students, faculty, family members, and friends of MUSC who are 18 years and older.
- The registration fee is **\$20.00** if you pre-register (before January 14<sup>th</sup>) and **\$25.00** for standard registration (due at “weigh-in” on **January 14<sup>th</sup>**). Checks can be made payable to “MUSC Dietetic Internship” or cash is also accepted.
- There are 4 ways to register:
  1. Pre-registration option #1 (\$20.00): Fill out the form below and place in our Gift Wrapped Box located in the cafeteria/food court entrance no later than Sunday, January 13<sup>th</sup> (**DO NOT LEAVE MONEY**—you will pay the \$20.00 pre-registration rate at weigh-in scheduled for Monday, January 14<sup>th</sup>!!!).
  2. Pre-registration option #2: (\$20.00): Fill out the form below and fax to 792-4184 (attn: Kelley Martin) no later than Sunday, January 13<sup>th</sup> (you will pay the \$20.00 pre-registration rate at weigh-in scheduled for Monday, Jan 14<sup>th</sup>).
  3. Pre-registration option #3: (\$20.00): Sign up at registration booth Wednesday, January 9<sup>th</sup>
  4. Registration after Jan 13th (\$25.00): Sign up on “Weigh-in” Day, Monday, January 14<sup>th</sup>

**For More Information:** Email H.E.L.P. at [dietetic-interns@musc.edu](mailto:dietetic-interns@musc.edu) or visit our Wellness Wednesday booth on January 9<sup>th</sup>.



**Pre-Registration Form: Fax to 2-4184 (attention Kelley Martin) or drop in the Gift Wrap box in the cafeteria entrance (DO NOT INCLUDE MONEY!)**

Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Campus Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Mailing Address: \_\_\_\_\_