

# SWOSU Participating in Weight Loss Challenge

10.29.2009

Southwestern Oklahoma State University is participating in a Weatherford city-wide weight loss challenge through December 31.

The competition is between SWOSU, Koch Oil, City of Weatherford and the YMCA, the sponsoring organization.

Cindy Dougherty, dean of students, is the team captain at SWOSU. This is open to faculty, staff, students, administrators and even Duke the Bulldog.

Anyone interested should take the required \$5 entry fee to Stafford 214, weigh in and the competition is then underway. Deadline to weigh in is November 6.

Then on each Monday, participating individuals will be asked to weigh-in at Nurse Laura Smith's office at the Wellness Center. At the end of the competition, there will be a mass weigh in at the YMCA.

For more information, contact Dougherty at 580.774.3767.