



**Trinity Trimmers
Health Fund Raiser
in partnership with
Summa Western Reserve Hospital**

**Sign up to be on a team
Weigh In if you are already on a team**

Here are the details:

- Each participant is a Trinity Trimmer. Three participants will make a Trimmer Team.
- Each Team will have as its focus:
 - Improving health
 - Attaining Stewardship goals
 - Enhancing Spiritual Discipline
- After kick-off Sunday, each team will weigh in on Sunday before 10:00am in the Parlor.
- The net difference will be tracked for the team. Each Trinity Trimmer must do his/her part for the team.
- Each team and/or participant is expected to get pledges. Pledges of \$\$ per pound lost are suggested.
- Net difference from week to week will be reported – no individual weights.
- Final net difference will be total team weight on first-official-weigh-in minus final-official-weigh-in.
- **If you do not wish to participate in the weight loss portion,** you can still help by being a sponsor of a team. Just contact a team or the church office.

**Support Trinity's physical and spiritual health.
Sign-up today.**



**Last time we had 15 teams who lost a total of 229 lbs.
Let's beat that this year!**