



“Tired of the constant battle of putting your hearing aid in and back out...in...and out?”



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The world's first and only **100% invisible, extended wear** hearing device

- Worn 24/7 for up to 4 months at a time*, while sleeping, showering, exercising and talking on the phone
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Lyric

Invisible. Effortless. 24/7.



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Yankton area fitness facilities have been very involved and are actively participating in the challenge. The local facilities have really stepped up and are offering free days of fitness during the challenge. There will also be fitness and nutrition workshops to aide participants.

In order to help the community and challenge participants “see” how much weight has been lost in the challenge, the Yankton Mall has agreed to let the Chamber use the old Radio Shack location, where for each pound of weight lost in the challenge, a canned food item to be donated to the Yankton Contact Center will be placed. People don’t have to donate an item for every pound, but what a great way to visualize how much weight has been lost! Then just in time for the holidays, the donations will be taken to the Contact Center where they will be able to be used.

Drop-off times for the canned food items will be from noon-2 p.m. on Tuesdays and Thursdays.

The *Yankton Daily Press & Dakotan* has also created a new website filled with information and weight loss tools to be used in the challenge. Check it out at www.yankton.net/challenge. You’ll find participating businesses and challengers and where they rank in team weight loss. You’ll also find tools to help you lose weight!

- Nutrition Guides to fast food restaurants in Yankton
- Weekly Food Logs
- Daily Exercise Logs
- Weight Loss Logs
- Recipes
- Weight Loss Tips
- Calculator to help find your Body Mass Index
- Businesses around town who want you to succeed by offering you great deals and ideas!

ALSO Find us on Facebook! Search Yank'TON' Challenge

Join others in the challenge and blog about your weight loss successes and challenges and help everyone in the challenge Lose Weight and Feel Great!!

■ by *Heather Heimes*
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We're H“ear” For You!
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