

In celebration of our 30 year anniversary, we're...

Bringin' Healthy Back

Grand Valley
Health Plan
30 years of exceeding expectations!

Take the
2012
CHALLENGE

*If you have 12 pounds
to lose, then this is the
challenge for you!*



Begin the 2012 Challenge this week by:

Stopping by a Grand Valley Family Health Center closest to you for an official weigh-in. No appointments necessary. For more information, click on the links to the right or call customer service at (616) 949-2410.

Beckwith Family Health Center

East Leonard Medical Complex, 2680 Leonard NE, Grand Rapids, MI 49525
Regular Center Hours: Monday—Friday, 7 a.m. to 6 p.m.

Hudsonville Family Health Center

5445 32nd Ave., Hudsonville, MI 49426
Regular Center Hours: Tuesday, Thursday, and Friday,—7 a.m. to 6 p.m.
(Closed on Mondays, Wednesdays, and daily from 1 to 2 p.m.)

Rockford Family Health Center

590 - 10 Mile Road NE, Rockford, MI 49341
Regular Center Hours: Monday, Tuesday, & Thursday—7 a.m. to 6 p.m.
(Closed on Wednesdays, Fridays, and daily from 1 to 2 p.m.)

Walker Family Health Center

650 - 3 Mile Road NW, Walker, MI 49544
Regular Center Hours: Monday, Tuesday, & Thursday—7 a.m. to 6 p.m.
(Closed on Wednesdays, Fridays, and daily from 1 to 2 p.m.)

Wyoming Family Health Center

5251 Clyde Park Ave. SE, Wyoming, MI 49509
Regular Center Hours: Monday—Friday, 7 a.m. to 6 p.m.

*For information about the
2012 Challenge please click
on the links below:*

Fox 17 News (video)

2012 Challenge Rules of Play

2012 Challenge Health
Education & Fitness Classes

2012 Challenge Activity Log

2012 Challenge Prizes

2012 Monthly Emails

2012 Quarterly Events

*“Friend” us on Facebook
for weekly health tips by
clicking here.*

