



Win Me!



 American Diabetes Association®

**YeSSS!**



Take the Challenge

Starting August 22, 2011, take the challenge & learn about Diabetes!  
If you're up to the challenge, you can **win an Apple iPad!**\*

Increase your awareness and prevention of diabetes during this six week campaign focused on reducing the three "S"s: Soda, Salt, and portion Size.

Read the weekly material and take a quiz to be entered into the weekly drawing\*.

Take at least 5 of the 6 weekly quizzes\* and be entered into the grand prize drawing for an Apple iPad!

Watch for the weekly email blasts from your Departmental Wellness Manager or visit [www.healthyatcola.com](http://www.healthyatcola.com) starting August 22, 2011, & click on the **YeSSS! Take the Challenge!** link on the left.

\*The "YeSSS! Take the Challenge!" campaign starts on 8/22/11 and ends 10/2/11. You must take and submit a quiz during the active week to qualify for the drawings. Quizzes will be activated every Monday for six weeks, starting 8/22/11, and will be available through the following Sunday night at midnight. Example: Week one quiz will be activated on Monday, 8/22/11 and can be taken through Sunday, 8/28/11. To be eligible for the Apple iPad grand prize drawing, you must take & submit at least 5 of the 6 quizzes.