



**New Year!**



**New Job!**



**New You!**

## **Start your new year on a new path to success! Join the NEW YOU Challenge!**

The Aerospace Transition Center, along with 24 Hour Fitness, invites you to participate in a fun and challenging event to motivate you, educate you, and get you on the path for a great 2012. You will be competing against fellow job seekers to win the NEW YOU Challenge for an exciting prize and gifts.

### **The NEW YOU Challenge with the Aerospace Transition Center and 24 Hour Fitness**

**Begins January 17, 2012**

**Weigh in at 24 Hour Fitness on January 17<sup>th</sup> and let them know you are there for the ATC Biggest Loser Challenge**

**1017 Bay Area Blvd, Houston, TX 77058**

To help you achieve your goals, we'll track your progress and offer exciting assistance along the way including:

- Weekly weigh in at 24 Hour Fitness
- Healthy eating tips and recipes
- Exercise suggestions and group events
- Our monthly job search workshops and career counseling
- Interview techniques and mocks
- Life exercises and motivation tips

Start the new year off right and take control of your life, your career, and your personal goals by joining the NEW YOU Challenge!

**Contact the Aerospace Transition Center for full details, 281.956.5678 or [transition@wrksolutions.com](mailto:transition@wrksolutions.com).**

Learn about future events and workshops for aerospace candidates at [www.wrksolutions.com/employer/aerospace.html](http://www.wrksolutions.com/employer/aerospace.html).

