

## **New Health Program Starts Monday In La Crosse**

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If your trying to lose weight or want to lead a healthier lifestyle, the the La Crosse County Health Department has a new program for you. It's called The Biggest Health Challenge-La Crosse. And Kim Hottenstein says there are all kinds of ways you can get fit....starting Monday.

The 8 week program runs until April and you can sign up for free or pay \$10 and get entered into contests and giveaways. She says now is the best time to get on board as February is the month many of the new year resolution setters start to slack.