

## **For QCC Facebook and Website**

The attached QCC Weight Distribution Program was introduced to members at the Imbil rally and received enthusiastic support with over 30 members joining.

Taking note of the support, it has been decided to offer the program to members who could not attend that rally.

If you wish to join the group and perhaps lose some weight with the fun support of others, please e-mail Barry Gibson on [gibsonwa1@bigpond.com](mailto:gibsonwa1@bigpond.com), advising your name and your January weight (or if you're shy your name and a dash), with a promise to record a plus or minus weight each month.

I have to advise there was a noticeable decline in members partaking in the nibbles supplied at happy hour at Imbil after the program was introduced.