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# Walmart Donates to 2016 RHF Fitness Challenge

MAY 28TH 2016 BY DEE LOFLIN

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**Dexter, Missouri** - Debbie Juden, Dexter Walmart manager, presented the Regional Healthcare Foundation with a \$500 grant to support their Fitness Challenge. This program is designed to help people in the community lose weight and get healthy.

The very successful program allows citizens to be educated in various topics such as nutrition, weigh loss, and eating healthy. The program runs annually from January thru April. Participants utilize team support and weekly weigh-ins for accountability to make sure they lose weight and learn how to live on a healthier diet.

Pictured from left to right: LeVeda Scates, Fitness Challenge Coordinator, Debbie Juden, Wal-Mart Manager, Lisa Thrower, Regional Healthcare Foundation Executive Director.

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