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WEIGHT WATCHERS

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The Weight Loss and Wellness Center at Doctors Hospital of Laredo (DHL) kicks off the 2014 Weight-Loss Challenge on Saturday, January 11.Participation RulesThe contest is open to adults age 18 and over, who: Are not taking diet medications re not on a commercial diet (Weight Watchers, etc.) A Have no history of weight-loss surgery Mandatory Weigh-In Mandatory Weigh-Out Date: Saturday, January 11 ...

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