



WATCH OUR SHUL **EXPAND** – AND OUR PRESIDENT **SHRINK!**



Welcome to the Ahavas Achim Presidential Weight Loss Challenge! If you would like to sponsor Seth's health regimen and help the shul in the process, please fill in the requested information and check where indicated below:

Name: _____ Phone Number: _____

___ Yes! I want our shul to have a slimmer, healthier President! I pledge to donate to Congregation Ahavas Achim the following amount for each pound (or fraction thereof) of body weight lost by our President, Seth Berman, between January 1, 2011 and June 30, 2011. I understand that Seth's weigh-ins will be conducted under the halachic supervision of Weight Mashgiach Rabbi Miodownik, who will provide weekly reports of Seth's progress. I understand that the final amount of weight lost will be revealed by Rabbi Miodownik on July 2, 2011. Pledges should be paid after that date.

___ \$1 per pound

___ \$2 per pound

___ \$3 per pound

___ \$4 per pound

___ \$5 per pound

___ Other _____

Please return this pledge form to Seth at 312 Cedar Avenue, Highland Park, NJ 08904 or email him at sethcberman@yahoo.com

To pledge online and for further information, please go to www.alighteraa.org

Thank you for contributing to a lighter AA!