



Treat yourself to

Healthy Holidays



JOIN THE CHALLENGE | Nov. 13 to Jan. 1, 2020-21

Jumpstart your well-being this holiday season with the Healthy Holiday Challenge!

This 8-week program encourages participants to cultivate their own wellness through weekly challenges, helpful tips, and supportive tools for adopting healthy behaviors during the holidays.

Gift yourself a healthy you!

Fill out a final survey at the end of the challenge to enter a drawing for a grand prize!

SIGN UP at surveymonkeys.com/r/healthyholidays2020

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Questions?
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