

# MY WELLNESS CHALLENGE

MARCH 1 - MAY 25

Win a Gift Card



**\$250**

**\$150**

**\$100**

THIS FEEL-GOOD CHALLENGE IS DESIGNED TO HELP YOU:

- BUILD STRENGTH, BALANCE, ENDURANCE, AND COGNITIVE HEALTH.

PARTICIPATING IS SIMPLE:

- ✓ TAKE YOUR MY WELLNESS ASSESSMENTS ONCE PER MONTH
- ✓ JOIN LIVE OR ON-DEMAND CLASSES THAT FIT YOUR SCHEDULE
- ✓ STAY CONNECTED THROUGH SOCIAL CLUBS AND CHECK-INS

COMPLETE ASSESSMENTS IN MARCH, APRIL, AND MAY TO EARN UP TO 15 RAFFLE ENTRIES.

 THREE WINNERS WILL BE SELECTED:

- \$250 GIFT CARD
- \$150 GIFT CARD
- \$100 GIFT CARD

YOU CAN JOIN AT ANY TIME. THE LAST DAY TO TAKE ASSESSMENTS FOR RAFFLE ELIGIBILITY IS MAY 25.