Join the Challenge to Become a Healthier You!

The Healthy Habits Challenge is a 6-week challenge that provides resources and motivation to enhance your health.

Each week you will have the opportunity to take another step towards a healthier lifestyle. Physical activity and healthy eating tips will be provided in weekly newsletters.

This challenge will begin on __________ and end on ____________.

For more information contact __________________________ at _____________________________.

This challenge is brought to you by your [department name] Wellness Council.