

Spring Wellness Challenge April 17th – May 15th

What Motivates You?

The Summit County Safety Council's Wellness Committee wants to know What Motivates You to be well?

- Have you started taking an hour once a day for self-care so you have energy for **the ones you love**?
- Are you working on your physique so you can confidently strut **the beach** during your summer vacation?
- Does **your hero** advocate a certain behavior or practice that you've adopted for yourself?

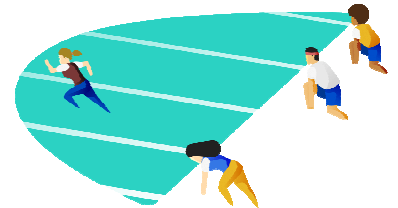
Tell us what inspires you to be your best on our Wellness Committee Facebook page with a picture, post or favorite quote

One entry or ten, your name will be entered into a drawing for prizes, courtesy of Summit County Safety Council

Here's how to find us:



SCAN THE QR CODE!



-OR-

- 1.) Search for the **Summit County Safety Council** on Facebook
- 2.) Check out the **Groups** link within the Summit County Safety Council page
- 3.) Request to join the **Wellness Page**
- 4.) **POST!** Tell us what keeps you motivated to be well!

