

UNSTOPPABLE

SPRING 2023 WELLNESS CHALLENGE

This spring, Working~Well challenges you to be UNSTOPPABLE in your daily pursuit of health. Build momentum by taking small, consistent steps to ADD a healthy habit or SUBTRACT an unhealthy habit each week.

Register today!

Sign Up Online:



Campaign Starts:



Participant Prize



**Complimentary
Mason Jar Salad
Container
(Dressing Cup Included)**

**Contact your wellness coordinator for more details
or sign up online with the above link!**

Coordinator Name: _____

Coordinator Email: _____