

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



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

Coordinator Name: _____

Coordinator Email: _____

Complimentary
Mason Jar Salad
Container
(Dressing Cup Included)