

Fall 2024 Wellness Campaign

Rhythm of Life

Ocean waves, the rising and setting of the sun, our heartbeats, and breathing are all naturally occurring rhythms surrounding us every day. In thinking about this, the importance of creating and maintaining healthy life rhythms is undeniable. However, with work, kids, and obligations, each day comes with a different set of priorities, and oftentimes it is difficult to stay in a rhythm amidst the crescendos of life.

This fall, Working~Well challenges you to compose a healthy lifestyle by finding ways to fit recommendations into your daily rhythm, regardless of the cadence.

Campaign Starts:

Register Now!
Sign Up Online:



*Register by October 11 to
ensure your participation*

***Incentive:
Portable Bluetooth
Speaker***



*Contact your Wellness Coordinator for
more details or sign up online with the
above link!*

Coordinator Name: _____

Coordinator Email: _____