

COMING SOON!



Ten- Minute **CHALLENGE**

GOT 10 MINUTES?

JOIN THE CHALLENGE TO ENHANCE YOUR HEALTH.

The **Ten-Minute Challenge** is an eight-week **challenge** that provides **tips** to enhance your **health**.

Eat Smart, Move More, Manage Stress and **Be Tobacco Free...**

Take the challenge to enhance your health **10 minutes at a time!**

Earn challenge points each time you practice one of the **Ten-Minute Tips** provided in the bi-weekly newsletters.

This activity will begin on _____ and end on _____.

For more information about the Ten-Minute Challenge contact

_____ at _____.

The **Ten-Minute Challenge** is brought to you by your worksite wellness committee.

WORK
Well NC