



BETTER HEALTH BETTER YOU

6-week program highlighting nutrition and fitness to help you become the best version of yourself!

Guidelines

- **Sign-up** by Friday, **November 3, 2017**
- Challenge-of-the-week will **begin** Wednesday, **November 8, 2017**
- Each week there are two challenges (*complete as many days as possible*)
- **Turn in** your Challenge-of-the-week points each Wednesday to wdsdcareteam@bellin.org.

How to receive points

- **Challenge-of-the-week:** each day that you complete a Challenge-of-the-week you'll receive **one point**
- At the end of the program the **Top Prize** will be drawn from those scoring between 64-84 points

To learn more participants can email Nurse Sandy at wdsdcareteam@bellin.org.

A PARTNERSHIP FOR HEALTH

[bellinhealth](http://bellinhealth.com)



[WEAtrust](http://WEAtrust.com)



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See Nurse Sandy for more details.

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