

Healthy Holidays

2017 | Maintain Don't Gain



November 13th to January 5th

Enjoy the season with the resources you need to eat smart, move more, stress less, and stay healthy over the holidays! Receive weekly emails including a tracker, activities, recipes, tips and tools to support you through the New Year.

- 11/13: *Welcome to the challenge!*
- 11/20: *Stay Active*
- 11/27: *A long winter's nap*
- 12/4: *An apple a day*
- 12/11: *The gift of giving*
- 12/18: *Avoid seasonal sniffles*
- 12/22: *A toast to good health*
- 1/5: *The power of positivity*

Sign up using the link below
or at pehp.org

REGISTER TODAY

Sign up by Nov 13th to
receive all emails.

**You could win* 1 of 20
Amazon gift cards!**

*URS employees not eligible

Wellness challenges are email based, self paced educational programs that focus on areas of well being. Often used to jump-start personal goals, challenges can help you take charge of your health.