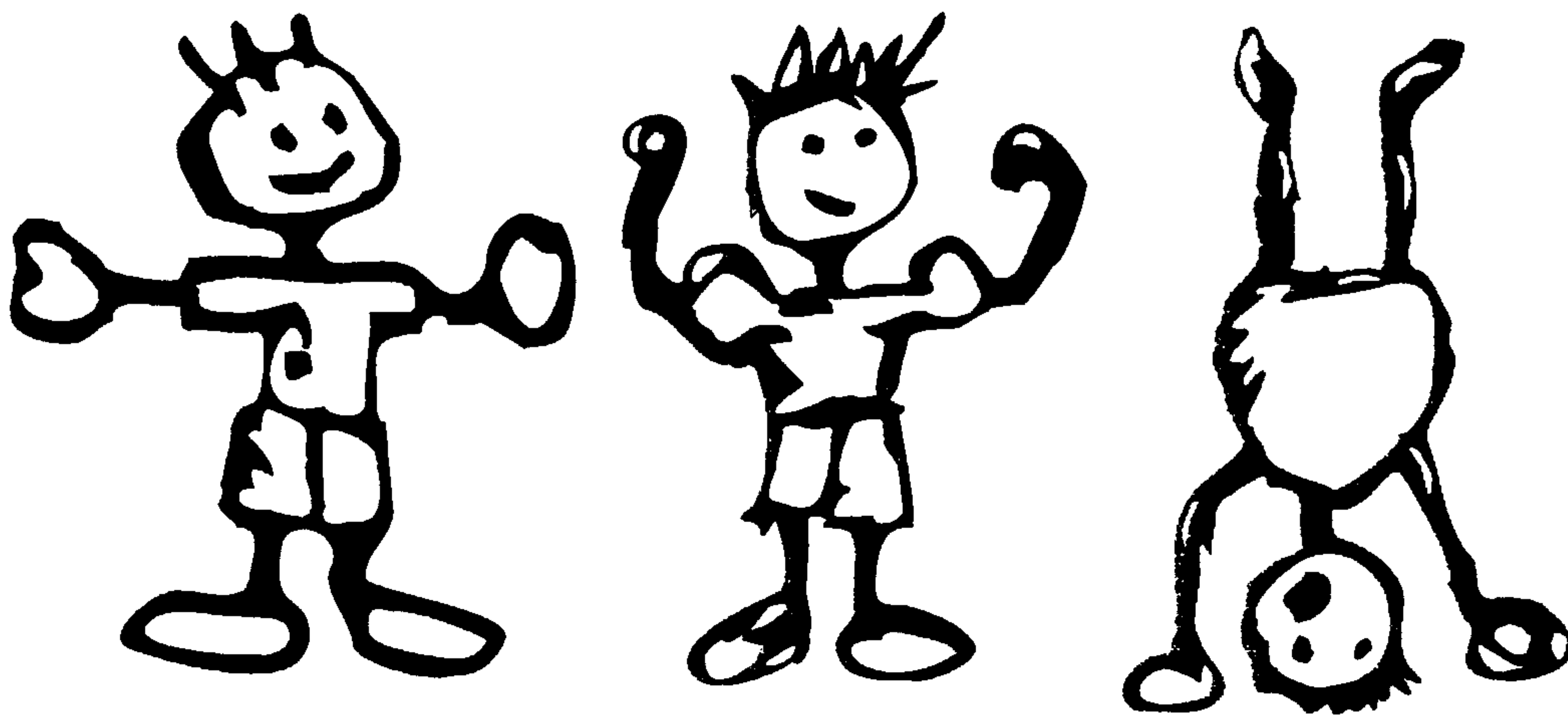


# Wellness Activity Challenge



## "How-To" Guide

### Includes:

- Things to Do and Helpful Hints
- Activity Challenge Tracking Sheet
- Promotional Flyers
- Participant Instructions
- Reminder Notices