



Summer Wellness Email Challenge 2024

July 17th – August 21st

6 Week Challenge

Week 1: Pack Your Own Lunch

Week 2: Unplug

Week 3: Sleep Science

Week 4: Make Space

Week 5: MOVE More

Week 6: Find the Good, Be the Good



Be on the lookout for weekly emails filled with information, videos, and challenges designed to guide you towards wellness and a healthier lifestyle! Participants will be asked to complete a tracking form to help support and monitor their progress each week.

**Track your progress
and WIN**

Two lucky participants will win a private coaching session with our wellness leaders –

Lindsay Amico of Picture Perfect Minds or Jared Byer of Made 2 Move Fitness.

Use this QR code to join the Wellness Series today!



Questions – Call 716.681.4300 or Visit eap.cfsbny.org/events