

MARCH 4TH—APRIL 14TH, 2024



Are you ready to bloom with vibrant energy and embrace your healthiest self? We invite you to join our Spring Wellness Challenge, where we prioritize healthy eating, wellbeing, and holistic health without focusing on numbers on the scale. Say goodbye to restrictive diets and hello to a nourishing lifestyle.

Social features include friends, an optional team competition, and an interactive message board. With so many ways to give and get support, *Nourish* promises to put a smile on your face and a spring in your step as you feel your best every day.

EARN INCENTIVE POINTS & WIN PRIZES

Earn **4,000 wellness incentive points** by growing 20 plants during the challenge. There will be a prize drawing at the conclusion of the challenge for those who actively participate each week. Plus, the team that tops the leaderboard also gets a special prize.

Getting healthy while being rewarded?!? Now there’s something you can spring into!



THE CHALLENGE BEGINS MARCH 4TH!

REGISTRATION CLOSES MARCH 18TH, 2024

REGISTER ONLINE @

WWW.MENDOCINOCOUNTY.GOV/HR/MCWOW/CHALLENGES

