

Wellness Challenge

Take this opportunity to prioritize your
health/wellness!

Details:

4-week challenge, starting April 17, 2023!

Weekly support and education.

Weekly topics will include balanced eating, movement,
stress, blood sugar balance, etc!

Ability to track/share your progress for added
accountability.

Access to a dietitian throughout the challenge!

Friendly competition and exciting prizes throughout
the challenge!

Scan to join!



Call 406-533-2590 OR text your full name, email address and your department to
406-490-3316 to get added to the challenge!