

COMING SOON!

**SEEM FAMILIAR?
DON'T LOSE IT JUST YET...**



**JOIN THE
STRESS-
LESS
CHALLENGE**

The ***Stress-Less Challenge*** is a worksite wellness activity that involves practicing and adopting a variety of strategies to reduce and manage stress.

For more information about the Stress-Less Challenge contact:

At:

This activity will begin on:

And end on:

The Stress-Less Challenge is brought to you by your worksite wellness committee.

