Stress-Less Challenge Sign-Up Sheet

The Stress-Less Challenge is a worksite wellness activity that allows you to practice and adopt a variety of strategies to reduce and manage stress.

The Stress-Less Challenge begins on _____.
Sign-up by _____ to participate.

Name	Phone	E-mail

North Carolina State Health Plan for Teachers and State Employees www.shpnc.org

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Eat Smart Move More NORTH CAROLINA™