

# Join the Healthy Eating Challenge

Most adults spend half their waking hours at work.  
**Let's make the most of it!**



You are invited to participate in the 4 week Healthy Eating Challenge.

From \_\_\_\_\_ to \_\_\_\_\_

Connect with your co-workers each week as you earn points participating in challenges!

To sign up:

Contact: \_\_\_\_\_ by \_\_\_\_\_

Phone and/or Email: \_\_\_\_\_