

30-Day Nourish & Flourish Challenge

Hosted by: Wellness Journeys 

Are you ready to feel healthier, move more, and stress less - your way?

The challenge is simple. Each day, choose one small action in any of these areas:

- Healthier Eating
- Moving More
- Self-Care to Stress Less


You'll get support all along the way from Polly Pitchford, including:


- 1-hour Kickoff Motivation Meeting
- Nourish & Flourish Journal
- Weekly 30-min Accountability Zooms
- Daily Email Tips
- Recipes, Cooking Demos, Fitness Tips
- Guided Meditations and more!


Win Prizes!

Attend all meetings + submit pre & post assessments for a chance to win in our raffle!

Pick up your Journal at the Kick-Off or Wellness Center Front Desk by July 8th.

Healthy doesn't have to be hard - it just starts with one small step. Let's Nourish & Flourish together! 

 **Kick-Off Meeting - Wellness Center & Zoom**
July 1 Time: 11am-12pm

 **Weekly Zoom Check-ins:**
July, 8, 15, 22, 29 Time: 11-11:30am

 **Location**
Zoom - [Join Meeting](#)

[Register Here](#)



SCAN CODE

REGISTRATION ENDS 6/30

Eligibility: Employees and
YourChoice Health Plan Members

