

NOVEMBER WELLNESS CHALLENGE

Fill Your Bucket Challenge



Good health requires a positive attitude. It's up to you to decide to make the most of things when you are faced with challenges.

Join the Joy Bucket Challenge and you will be sent weekly tips to help promote a joyful mindset.

Click [HERE](#) to register
or
email conjsundling@phoenixunion.org

Earn up to 4 points (2 for the challenge and 2 for using a tracker) towards the wellness incentive program

Registration is open until
October 31, 2019

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