



# Healthy Holidays

**JOIN US FOR A 6-WEEK HEALTH TRACKER PROGRAM**  
PARTICIPATE IN CHALLENGES THAT BOOST 6 DIMENSIONS  
OF WELLNESS DURING THE HOLIDAY SEASON

Sign up by 5:00pm on November 12th  
Program runs: Nov. 19th- Dec. 31st



Spiritual



Environmental



Cultural



Financial



Emotional



Physical

**50**  
POINTS

## Register Here!

Questions?  
See our **FAQ** here or email us at  
[myhealthylifestyles@slco.org](mailto:myhealthylifestyles@slco.org)

