

2017
June 1-30

HEALTHY LIFESTYLES Challenge



COMMUNITY



MINDFULNESS



NUTRITION



PHYSICAL ACTIVITY

30 Awesome Prizes Awarded

All who complete the challenge will be entered in a drawing for some great prizes which include:

- Indiana State Park Pass
- Massage Gift Certificates
- Tickets to Ribberfest, etc.
- Fit Bit
- Apple Watch

Healthy Lifestyles Challenge

Kick-Off Event

Wednesday May 31st

6-8 P.M. Bicentennial Park

Join us to pick up your challenge form, participant bracelet, and group activities like free yoga, group run, bike ride, and more!



GET MOTIVATED! The Healthy Lifestyles Challenge is a 4 week challenge that will help you develop and maintain healthy habits and overall well-being. These activities will engage you and inspire you to become happier, healthier and more energetic.

4 SECTIONS TO BE COMPLETED:

- Community
- Mindfulness
- Nutrition
- Physical Activity

**MOTIVATING YOUR FRIENDS,
FAMILY AND CO-WORKERS IS
HIGHLY ENCOURAGED!**

Begin tracking on June 1, 2017.

Download the Challenge Form on the Healthy Lifestyles Challenge Webpage at
www.madisoncourier.com/HealthyLifestyles

You can also pick up a packet at:
MainSource Bank/all locations
German American Bank/all locations
WIC Office
KDH front desk
Fit For The King
The Madison Courier
Visitor's Center
The Clearinghouse Front Desk

www.facebook.com/HCjeffersoncounty



Healthy Communities
of Jefferson County

*Mobilizing our community to improve
identified health needs in Jefferson County.*