ATLANTICARE HEALTH ENGAGEMENT INVITES YOU TO PARTICIPATE IN

HEALTHY THROUGH THE HOLIDAYS!

A Winter Wellness Challenge

VISIT HTTPS://MYATLANTICARE.ORG FOR DETAILS

WEEK 1 OF THE CHALLENGE BEGINS NOVEMBER 18TH
8 Week Healthy Through The Holidays Challenge!

November 18th, 2019 - January 12, 2020

What is it?

Healthy Through the Holidays is an 8 week challenge created to help encourage, motivate and inspire you to make healthy choices through the tempting holiday season.

How do I participate?

On Monday of each week, a challenge will be posted on https://myAtlantiCare.org.

- Follow the challenge directions and email a picture, along with your name and a caption that describes how you accomplished the challenge to wellness@atlanticare.org.

- Each week participants are entered for a chance to win a gift card. The more you participate, the more chances you will have to win!

First challenge will be posted 11/18/19

Visit https://myAtlantiCare.org for details