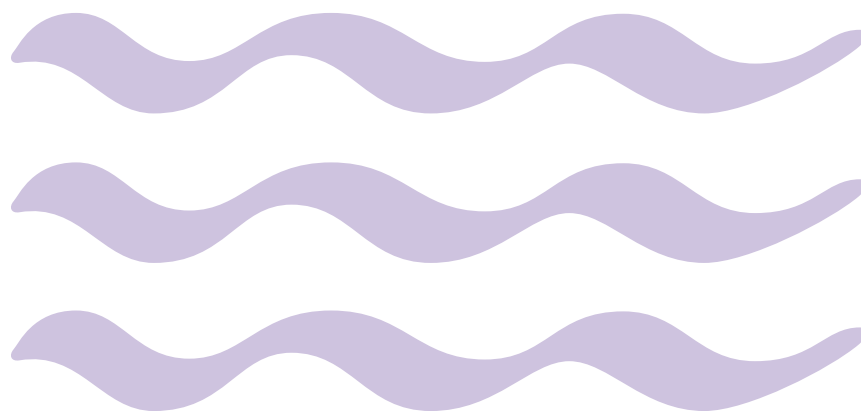


COMING SOON!

DON'T LOSE IT JUST YET—JOIN THE

Manage Stress **CHALLENGE**



The **Manage Stress Challenge** is a worksite wellness **activity** that involves **practicing** and **adopting** a variety of strategies to **reduce** and **manage stress**.

This activity will begin on _____ and end on _____.

For more information about the Stress-Less Challenge contact

_____ at _____.

The **Manage Stress Challenge** is brought to you by your worksite wellness committee.

WORK
Well NC