



WORKING FOR A
HEALTHIER TN



Join the Challenge to Become a Healthier You!

The [Name of Challenge] Challenge is a [Length of Challenge] challenge that provides resources and motivation to enhance your health.

[Challenge Description]

Physical activity tips will be provided in weekly newsletters.

This challenge will begin on _____ and end on _____.

For more information contact

_____ at _____.

This challenge is brought to you by your [Name of Department] wellness council.