

Supplements, Sun & Stretch Challenge

January 10 – February 10, 2020

This one is another easy one to participate in! At the January 10th All Staff Meeting we remind everyone of a few simple easy ways to improve wellness like:

Take a daily multi-vitamin

Go outside and for 10 minutes of afternoon sun

Do a 10-minute stretch daily



We will use the [Microsoft Teams App](#) to document participation so make sure you have it downloaded!