

Racine Gratitude Challenge



July 15 – August 25, 2019

GOAL

Gratitude is powerful! Regular gratitude practice has been shown to improve immune system functions, decrease blood pressure, increase happiness, and create deeper connection to one's self and others.

Join us for a six-week gratitude challenge, where you're encouraged to make gratitude a regular part of each day. Every week a new topic of gratitude and appreciation will be discussed along with one key actionable item to consider. Employees, retirees, spouses, and dependents are invited and encouraged to participate.

JOIN THE CHALLENGE

Please click on the link below to pre-register for the Gratitude Challenge.

You'll be thankful you participated!

<https://forms.gle/4VCbw4bKFBb61GGQA>

Challenge Includes

- Gratitude Pledge
- Weekly Emails
- Weekly Encouraging Video Link
- Gratitude Journal Ideas
- One Online Webinar
- Weekly Gratitude Action Assignment

Gratitude Webinar

Date: July 15, 2019

Time: 12:30pm-1pm CT

Location: Online, once registered, you'll be emailed a save-the-date calendar invitation to join the online webinar.



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