

SPRING INTO SUMMER

6-Week Well-being Transformation Challenge

May 10 – June 21, 2019

Check out our website at
www.balancedwellnessky.com

Challenge will give your employees an opportunity to improve their health – which may lead to higher productivity and team building.

Challenge Points may be based on:

- *Nutrition*
- *Web-based Wellness Coaching*
- *Steps*
- *Exercise*

Cost is less than \$10 per employee for the entire program.

For additional information or to see a demo –
email us at info@BalancedWellnessKy.com