



Well-Being: Mind Body Challenge 2019

Join us for our upcoming Consortium-wide challenge!

From Monday, February 4th through Thursday, February 28th we invite you and your family members to join us in a four week "Mind Body Challenge". We will be partnering with Wellable to support our challenge participants to practice daily activities that reduce stress and anxiety, improve performance and productivity, and increase overall well-being. Participants will be provided with practical tools and strategies to help them gain more focus and presence in their everyday life. Each week participants will be entered into a raffle to win fabulous prizes. Registration details will be available soon on the GMHEC Well-Being Events [webpage](#). We hope you'll join us.

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