



Stay Healthy, Active and YuWell

**THIS CHALLENGE WAS EASY, QUICK, RESOURCEFUL,
AND DESIGNED TO SUPPORT HEALTH, WELLBEING AND HOW TO
ADDRESS THE STRESS AND EMOTIONAL IMPACT THE COVID-19 HAS ON YOU AND YOUR FAMILY.**

We held weekly challenges like watching helpful seminars, doing art at home, working out & new hobbies that were found during these times. Employees shared how they stayed healthy, active and Yuwell.

Stay tuned to more wellness activities, and join us on the next one!