

## Challenge Three: Social Connection

**NW Montana Schools' Health Consortium  
2020-21 Health Promotion Program.**

**Thank you for signing up for your Health Promotion Program!** This year we'll continue focusing on the holistic idea of wellness to improve many aspects of your life with eight different challenges throughout the school year. Each challenge will bring a new opportunity to receive an incentive! It will be a fun way to focus on your health while connecting with others at your school site.

This program is for all staff regardless of your insurance status, and spouses who are on the insurance plan! Be sure to forward this link to anyone who you think wants to join the fun!

**DEADLINE: December 18th**

**INCENTIVE: \$15 gift card**

**Challenge Three is all about social connection and decreasing stress levels through laughter!**

We all recognize 2020 has had some challenges. Let's close out the year together...laughing (even if virtually). Each week you will receive two mini challenges, to be completed with your accountability group. Each mini challenge will take a max of 10 minutes to complete.

Schedule a time to come together (6' apart) or a time when you're all completing the activity at the same time in different locations (hello, Zoom!). Remember, no extra stress. Let's focus on coming together socially and laughing.

### **How do we earn our incentive?**

Challenge three is two weeks long and to get the incentive all you have to do is have your accountability group scribe send a photo to me of your group completing one of the mini challenges before December 18th! Your accountability group has to complete ONE mini challenge during the next two weeks, but you can do all 4! No stress, all fun.

If you are not part of an accountability group at your site and doing the program individually, include your family or friends and submit your photo to me so you can still earn the incentive!

**Please contact Carrie at**

**[info@drivewellnessmt.com](mailto:info@drivewellnessmt.com) with any questions.**

