

# Discover wellness through connection

Human connection is one of the best ways to practice wellness and de-stress. Take some time to get to know your coworkers with these challenges.

1

## Have lunch with a coworker.

Go somewhere, or bring your own lunches and get to know each other better.



2

## Say hi to three people on your way into work.



3

## Go on a walk with someone new.

Stretch your legs by taking a short walk with someone new.



sign up ▶

# NW MT Schools Health Consortium



## HEALTH PROMOTION PROGRAM 2022-23

Sign up for this year's health promotion program!

This year's goal is all about finding connections and lowering blood pressure. Sign up and get your accountability teams ready.

### WHAT TO EXPECT:

- \* Face-to-face wellness checks.
- \* Three challenges throughout the school year.
- \* Weekly communication.



**Scan this QR code  
or visit the link  
below to sign up.**

[DRIVEWELLNESSMT.COM](https://drivewellnessmt.com)



If you have any questions or concerns, please email:

[INFO@DRIVEWELLNESSMT.COM](mailto:INFO@DRIVEWELLNESSMT.COM)