

**FALL IN**



**WITH YOURSELF DURING THE**

# *Treat Yo'Self Challenge*

**Challenge Dates:**

**Oct. 1st- 28th**

**Registration Dates:**

**Sept. 17th- Oct. 7th**

**Earn 80 points towards Serene by:**

- 1) Logging 3 fruits for a minimum of 20 days**
- 2) Completing all tasks by October 28th**

**YOU CAN'T POUR FROM AN EMPTY CUP!**

**Sign up Individually or with a Team!**

**Registering solo? Join the LiveWell Vermont Team!**

**Registration Instructions at:**

<https://mybluehealth.bcbsvt.com>

CONTACT LIVEWELL VERMONT @  
DHR.LIVEWELLVERMONT@VERMONT.GOV  
OR 802-828-7308

**LiveWell Vermont**  
STATE EMPLOYEES WELLNESS PROGRAM