

BEAT THE ** WINTER BLUES







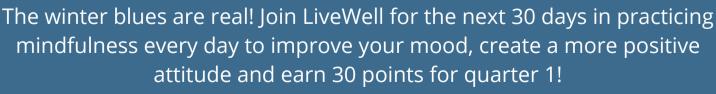
Yes/No-did you practice mindfulness for 5 minutes?

Challenge Dates:

February 24 - March 24

Registration Dates:

February 16 - March 2



Register in the Wellness Portal: www.MyWellnessVT.com

