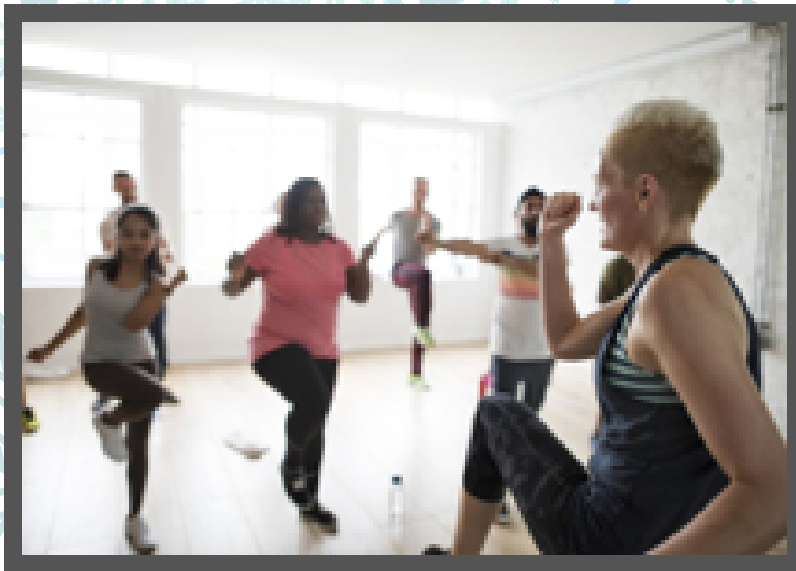


Does your physical activity slow down in the winter?

Join LiveWell Vermont in the first Corporate Challenge of the year

MIX IT UP!



Challenge Dates: Jan. 13- Feb. 12

Registration Dates: Jan. 1- Jan. 20

What are we tracking?

Yes/No- did you mix up your workout routine?

Earn 30 incentive points in quarter 1 by tracking

"Yes! I mixed up my workout" for 30 days!

Register in the Wellness Portal: www.MyWellnessVT.com