

BEAT THE WINTER BLUES

What are we tracking?

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

Challenge Dates:

Jan. 13- Feb. 12

Registration Dates:

Jan. 1- Jan. 20



The winter blues are real! Join LiveWell for the next 30 days in practicing mindfulness every day to improve your mood, create a more positive attitude and earn 30 points for quarter 1!

Register in the Wellness Portal: www.MyWellnessVT.com

Contact LiveWell Vermont:

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OR (802)-828-7308

LiveWell Vermont
STATE EMPLOYEES WELLNESS PROGRAM