

# JOIN US FOR THE MINDFUL MOMENTS CHALLENGE.

Staying in the moment can take effort with everything that is competing for our attention. Join the Mindful Moments Challenge to learn how to be more present in your daily life.

## How it works

You will receive an activity tracker with weekly themes. Use the activity tracker to keep tabs on your progress and read the weekly flyers for tips. Once the challenge ends, turn in your activity tracker.

## The goal

The goal of the Mindful Moments challenge is to learn why mindfulness is important, and to practice simple techniques to be more focused, present, and at ease. Earn at least 12 points over the 4-week period to earn <insert incentive here>.

## Questions?

If you have any questions about the challenge, please contact Tina Rodgers.

