



2024 EUTF HEALTHY HOLIDAY MINDFULNESS CHALLENGE



MINDFUL REFLECTION



MINDFUL EATING



MINDFUL MOVEMENT



MINDFUL STILLNESS

CHALLENGE INFO

STARTS: NOV. 11, 2024
ENDS: DEC. 6 2024

PARTICIPATE ON YOUR OWN
OR CREATE / JOIN A TEAM

TRACK YOUR MINDFUL MINUTES
WEEKLY TO EARN A CHANCE
TO WIN A WELL-BEING PRIZE

REGISTER AND JOIN OUR WEBINAR
AT NOON ON 11/6 TO LEARN MORE

EUTF CHALLENGES ARE OPEN
TO ALL RETIREES AND
MEMBERS REGARDLESS OF
MEDICAL PLAN AFFILIATION.

SIGN UP

BY NOV. 15, 2024
CLICK HERE
OR SCAN THE QR CODE



COMPLETE THE
CHALLENGE FOR A
CHANCE TO WIN 1 OF
10 E-GIFT CARDS.

VISIT THE CHALLENGE SITE
FOR OFFICIAL RULES.

POWERED BY HMSA