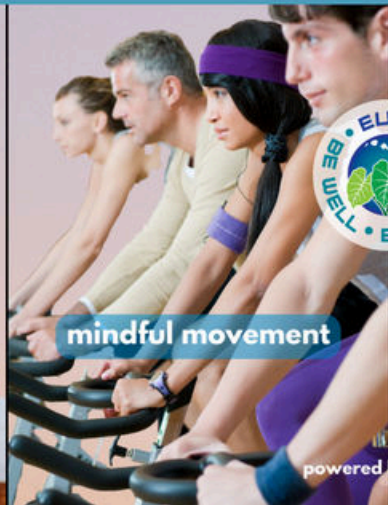


2025 EUTF Healthy Holiday Mindfulness Challenge



4-week Holiday Challenge

Starts: Dec. 1, 2025 | Ends: Dec. 26, 2025

SIGN UP



Sign-up today!

Registration deadline:
December 5, 2025



Complete a total of 600 mindful minutes and be entered in a drawing to win a \$150 Amazon egift card.

Track your mindful minutes weekly to earn a chance to win a well-being prize.



Participate on your own

OR

Create/join a team



Register and join our webinar at noon on Nov. 19 to learn more.

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

[Visit the challenge site for Official Rules.](#)

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