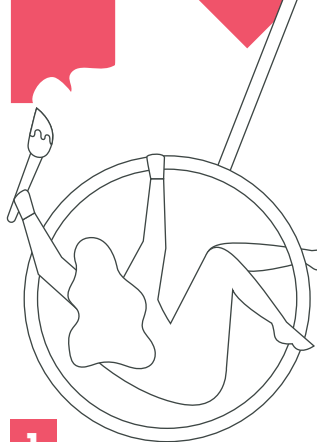


Your ticket to wellness

Health and wellness are about being happy and having fun. Take a stab at some of these small challenges and see how it affects your day-to-day life.



1

Color it out.

Coloring is not only fun; it's also known to reduce stress and relax your mind.



2

Go for a walk.

Get your body moving for a short 20-30 minute walk each day!

3

Spread the love.

Brighten someone's day by complimenting them.



Sign up today ▶

NW Montana Schools Health Consortium

HEALTH PROMOTION PROGRAM 2021-22

Grab your ticket to this year's health promotion program! With three main acts (*challenges*) designed to improve your wellness, and on-site wellness visits, this year is all about fun. Sign up and get your accountability teams ready.

WHAT TO EXPECT:

- * Three challenges throughout the school year.
- * On-site biometric screening.
- * Face-to-face wellness checks.
- * Weekly communication.



Scan this QR code
or visit the link
below to sign up.

[DRIVEWELLNESSMT.COM](https://drivewellnessmt.com)

drive
WELLNESS

If you have any questions or concerns, please email

INFO@DRIVEWELLNESSMT.COM