

# Rest, Relax, Renew

Calm is the goal of this challenge!

July 15<sup>th</sup> – August 9<sup>th</sup>, 2024

We all need to recharge our batteries from time to time. New research shows that when people don't get the rest and renewal they need, everything suffers—their work, their relationships, and especially their mental, physical, and emotional health. In this challenge we will explore the value of going offline and allowing your mind, body, and soul to have some meaningful, restorative downtime. So, take a deep breath and get ready to relax, renew, and refresh!

Register for the challenge and join or create a team to connect with others!



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GET READY FOR YOUR NEXT TEAM CHALLENGE!

