

# Healthy & WHOLE

HOLIDAY CHALLENGE



- Intro session
- Weekly emails
- Virtual Cooking Demo
- Wellness Webinar
- Optional pre and post weigh in

## November 21 – January 6

This season, create your own *SELF* traditions.  
*care*

Let us help you through 7-weeks of temptations  
and start the new year as a more *energized* you!

### CHALLENGE GOALS:

- Maintain weight
- Adopt new upgraded habits
- Modify your traditions
- Focus on your whole person



### Want to learn more?

Join in a quick overview.  
Ask questions & get answers!  
November 2 • 12 pm

Log in to webinar here: <https://phs-org-corp.zoom.us/j/93191095197>

## Are you ready to commit? Register today!

<https://www.research.net/r/HPZL6RG>

