DAILY ENDORPHIN
Wellness Challenges

West Suburban Health Group

The Season of Self-Care

A wellness program for **YOU** *during the 2021 holiday season!*

November 22nd - January 2nd

Receive weekly information on self-care for the mind & body.

Participate in any of the self-care practices listed under the well-being components of ***exercise, nutrition and/or wellness.***

Maintain self-care throughout the program.
Log in at least once by each Monday morning at 9:00 a.m. to show your weekly participation and to be entered into the raffle.

- **CLICK HERE TO REGISTER**:
  The Season of Self-Care: Registration Link Only *(This link is for registration only. Your Log In Link, to use during the program, is below.)*
  - From this link: *create an account* if you do not have a Daily Endorphin Account. If you have an account, proceed to it, and click on the community you work in.
- **CLICK HERE TO LOG IN,** (***once you are registered***):
  The Season of Self-Care: Log In Link (*Please save this link, so that you can log in throughout the program.)*
  - Log in daily or weekly, and use the EXERCISE, NUTRITION and/or WELLNESS tabs on your dashboard. Gain points by participating in *any activities* under these 3 tabs.

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Log in at least once by 9 a.m. each Monday during the challenge to add points to your total (which are gained by participating in any Exercise, Nutrition and/or Wellness self-care practice listed under these tabs).

All participants who log in and show weekly participation, in any exercise, nutrition or wellness activity, will be entered into a raffle for:
L.L. Bean Gift Cards and 30-minute Nutrition Consultations with a Registered Dietitian.

In addition, the 5 participants with the most points in each community will be entered into a second raffle for REI Gift Cards.

Please contact Michele, WSHG Wellness Coordinator, at mbcraemer@gmail.com with any questions. Enjoy the benefits of self-care this holiday season!