



# Climb Higher: Personal Improvement

**August 1-31**

Build the awareness, skills, and resilience to help you on your journey to becoming the best version of YOU! Learn about online apps and tools that will motivate you and impact your lifestyle and habits in a positive way.

**Participate and be entered into a drawing for a \$50 Amazon gift card!**

## **Schedule**

Join us for a 4-week email based wellness challenge\*!

**Week 1: Learn – Complete lessons**

**Week 2: Connect – Find support from others**

**Week 3: Track – Complete daily check-in**

**Week 4: Goals – Keep climbing**

*\*Wellness challenges are email based, self-paced educational programs that focus on areas of well-being. Often used to jumpstart habits and personal goals, challenges provide information, resources, and motivation to help you achieve good health.*

**PEHP Wellness | 801-366-7300 | [wellnesschallenges@pehp.org](mailto:wellnesschallenges@pehp.org)**

**REGISTER  
TODAY**

or at [pehp.org](http://pehp.org)  
Sign up early to  
receive all the  
weekly emails