

PEHP WELLNESS  
**Monthly  
Challenge**



# Healthy Holidays – Maintain Don't Gain

November 14, 2022 – January 4, 2023

Holidays are more enjoyable when you're at your best! Get tips, resources, and the little "nudge" you need to eat wisely, stay active, and manage stress. Enjoy the holidays the healthy way!

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

## Schedule

Join us for an 8-week email based wellness challenge\*!

**Week 1: *The Most Wonderful Time of the Year***

**Week 2: *Healthier Holiday Eating Habits***

**Week 3: *Dashing Through the Snow***

**Week 4: *The Gift of Giving***

**Week 5: *Wintertime Well-Being***

**Week 6: *A Toast to Good Health***

**Week 7: *A Reason for Your Resolution***

**Week 8: *Wrapping it Up***

\*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.

**REGISTER  
TODAY**

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