



## Are you up for the Challenge?

**Tune Into YOU during this four-week mindfulness challenge!**

Mindfulness is being **present in the moment and actively aware of your feelings, thoughts, and behaviors**. When we practice mindfulness, we tune into what we're sensing in the present moment rather than worrying about the past or thinking about the future.

Join us during our **Tune Into YOU** program, which challenges you to accomplish a different mindfulness activity each day for four-weeks. By completing these activities, you will be able to better focus on the present moment and reduce stress.

### How to Sign Up for the Challenge?

The four-week challenge will kick off \_\_\_\_\_ and end \_\_\_\_\_. Please register by \_\_\_\_\_.

### How to Win?

Simply complete the four-week challenge [and submit your tracker to be entered into a raffle to win](#) \_\_\_\_\_.

**If you have any questions about the challenge, please reach out to**

\_\_\_\_\_.

