SimplyWell Bootcamp
8 Weeks to a Better Health Score

This “boot camp” is designed to inform and inspire you to take action for better health now! Participants will receive:

✓ Information and practical ideas on how to easily incorporate practical habits into a busy lifestyle with a goal to improve SimplyWell Health Scores
✓ Reminders of the Health Score, what impacts it and steps to improve it
✓ Inspire the necessary confidence and motivation to apply these strategies into personal life and that of your families
✓ **BONUS Take Home Challenge:** earn a chance to win a prize by incorporating healthy habits NOW!

**DATE:** Thursday, July 21, 2016
**TIME:** 12:00 – 1:00 PM
**LOCATION:** Skutt 104

*Unable to attend the presentation?*  
*A webinar will be posted on the wellness website to view.*