**Join the <challenge name> to become a healthier you!**

The <challenge name> is a <number of weeks> challenge that provides resources and motivation to enhance your health.

Each week you’ll have the opportunity to take another step toward a healthier lifestyle. Tips will be provided each week.

This challenge will begin on <date> and end on <date>.

For more information contact

<name> at <email address>.

This challenge is brought to you by your <department name> Wellness Council.