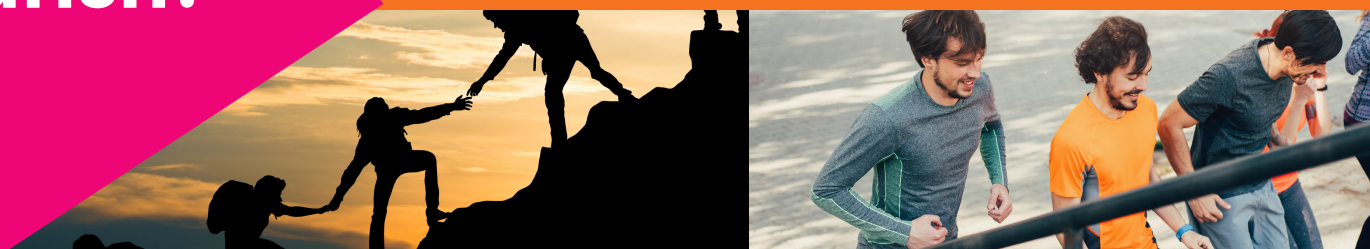


Nourish to Flourish!

May Wellbeing Challenge!

Win Spot Prizes Every Week!



Form a team with your friends, family or workmates and motivate each other to complete 4 weeks of wellbeing activities to help you to reduce stress and feel more energised. ...AND win prizes!

Nourish Your Gut



Nourish Your Life



Nourish Your Body



Nourish Your Mind



01 Register your team using the QR code or email us on info@thewellbeingchallenge.co.nz for an invoice for larger teams



02 Form teams of 5 or play as an individual



03 Each week you will be notified about:

- The focus for the week
- Additional points earned for the weekly challenge focus area
- A leaderboard update



04 Complete daily activities and get extra points for the weekly Challenge



05 Enter your activities into the web app and as a team, aim for the top of the leaderboard by completing more activities



06 Spot prizes for those doing exceptional things!



Results from previous challenges:

- 86% felt happier
- 79% were less stressed
- 100% learned what improved their wellbeing
- 64% felt more connected to others

Pricing:

- Individual: \$45
- Team's of 5: \$180

Earlybird rates till 05 April