



# PROGRAM BEGINS MAY 13TH

This program is designed to assist you in finding ways to optimize your total wellbeing. Participants can take advantage of a variety of wellbeing offerings over 5 weeks.

**Earn 5 Points\* = 1 Wellness Credit**

**Earn 10 Points\* = 2 Wellness Credits**

*\*Point totals do not equal total wellness credits*



For more information and/or to sign up, simply Scan QR code or Visit: [www.mccahillgroup.com/max10challengecgr](http://www.mccahillgroup.com/max10challengecgr)

