

# ***SPRING INTO SUMMER***

**6-Week Well-being Transformation Challenge**

**May 8 – June 19, 2017**

Check out our website at  
[www.balancedwellnessky.com](http://www.balancedwellnessky.com)

*Challenge* will give your employees an opportunity to improve their health – which may lead to higher productivity and team building.

*Challenge Points may be based on:*

- *Nutrition*
- *Web-based Wellness Coaching*
- *Steps*
- *Exercise*

**Cost is less than \$10 per employee for the entire program.**

For additional information or to see a demo –  
email us at [info@BalancedWellnessKy.com](mailto:info@BalancedWellnessKy.com)