



Eat the Rainbow for Wellness

September Wellness Challenge

Which Campus will be crowned the 'Master of Wellness'?

Starts September 6, 2016 - October 4, 2016

Your Goal: Eat at least two servings of fruit and three servings of vegetables on the same day, at least five days a week.

Sign up
@ www.toyourhealth.montefiore.org

DO YOU HAVE WHAT IT TAKES TO CHALLENGE YOURSELF?

Who? All Montefiore associates! All participants will be placed in as a team based on their campus location!

Why? Fruits and Vegetables are beneficial for the mind and the body.

When? Register for this challenge on the Wellness Portal between

September 1, 2016—September 11, 2016 .

Need additional support? An optional in-person supportive and educational meeting led by the Associate Wellness Dietitian is offered at the Moses and Yonkers campuses once a month.

Completion of this challenge on the portal earns you **FIVE** raffle entries in the Healthy Habits Raffle Campaign!

Montefiore for a Healthy You
To Your HEALTH!