

STOCKTON WELLNESS CHALLENGE



21-DAY MINDFULNESS AND STRESS MANAGEMENT CHALLENGE

Submit the pledge before
May 31, 2024,
to be entered into a \$200,
\$100, or \$50 gift card raffle!

Return the Pledge Card to the participating organization where
you received it, or take a photo and text it to **844-993-2004**.

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MINDFULNESS AND STRESS MANAGEMENT PLEDGE

**I PLEDGE TO ACTIVELY PRACTICE MINDFULNESS
AND STRESS MANAGEMENT FOR THE NEXT 21 DAYS.**

YOUR NAME _____

YOUR STOCKTON ADDRESS _____

ZIP CODE _____

PHONE NUMBER _____

(Used only to contact you if you win the raffle)

TELL US WHY PLEDGING TO PRACTICE MINDFULNESS AND STRESS MANAGEMENT IS IMPORTANT TO YOU. _____

WHERE DID YOU RECEIVE YOUR PLEDGE CARD? _____

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