



STOCKTON WELLNESS CHALLENGE

JOIN THE 21-DAY MINDFULNESS AND STRESS MANAGEMENT CHALLENGE

**PRACTICING MINDFULNESS CAN HELP
MANAGE STRESS, REDUCE NEGATIVE
EMOTIONS, AND INCREASE OVERALL
SELF-AWARENESS.**

Take the pledge to engage in more mindfulness and stress management practices for the next 21 days and be entered into a \$200, \$100, or \$50 gift card raffle!*

Get your Pledge Card at _____.

For questions or more information, text us at 844-993-2004.



**ACCESS MINDFULNESS AND STRESS MANAGEMENT
PRACTICES HERE:**

Scan the QR code with your mobile device or go to
<https://health.gov/myhealthfinder/health-conditions/heart-health/manage-stress>

*Submit your pledge card to the participating organization where you received it or text a photo to 844-993-2004 by May 31, 2024, to be entered into a \$200, \$100, or \$50 gift card raffle.



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**LEARNING HEALTHY WAYS TO COPE
WITH STRESS IS IMPORTANT FOR
YOUR OVERALL HEALTH, WELL-BEING,
RELATIONSHIPS, AND PRODUCTIVITY.**

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ACCESS HEALTHY TIPS AND MORE HERE:

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