

Move More, Eat Healthy



**FEBRUARY 2023
TO JUNE 2023**

WELLNESS CHALLENGE

- Weight loss and maintenance
- Create healthy lifestyle habits
- Improve overall health



**All disciples,
brothers and
sisters come and
join the virtual
Wellness
Challenge to
improve your
health with
physical activity,
nutrition, and
healthy habits.**

**Take the
Challenge!**

**Calling Wellness
Champions!**

**Strategies and
Resources**

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