Good Morning everyone,

Our department will be participating in Well-U’s Self-care wellness challenge from __________ date range __________ !

**Self-care Necessities**
Make time for you to win prizes, decrease your stress, and build healthy habits! Anyone who signs up for this challenge will receive a Well-U interactive magnet to help focus on daily self-care activities and a journal.

**Here’s how it works:**
• Reply to this email to participate and receive your starter kit.
• On the start date, using the magnet, choose what Self-care activity you would like to complete and once done, write down what activity you completed on the Well-U Self-care record keeping card.
• Once the challenge period is over, you’ll send your record keeping card total number of days or the card itself to __________ name of organizer __________. Its’ that simple!
• Prizes will be awarded to three individuals on ______ date ______ and will include a variety of exciting and fun surprises!

**Sign on for Self-care**
To participate in our department’s Well-U Self-care wellness challenge, respond to this email by ______ date ______, then start your self-care by recording your activity the morning of _____ date ______!

All University of Rochester employees can participate.

**What If I’ve got time off?**
You can still join! Just be sure to track your self-care activities and submit your number to __________ name of organizer __________ on the _____ date _____.

Reply to this email to let me know if you are interested in participating! Find other support resources on the Well-U website.