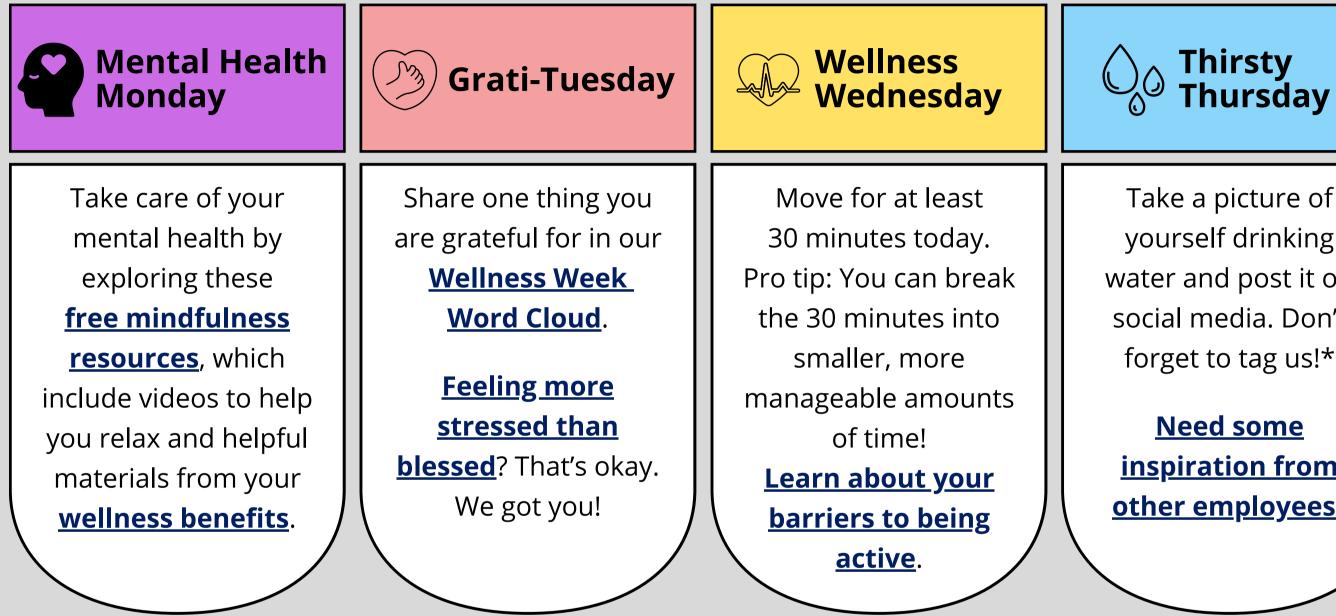
Celebrate Wellness Week, June 10-14



Directions: Try to complete each day's activity. Download this <u>calendar reminder</u> to submit your participation by June 18 for a chance to win a baseball cap! Let us know about your experience for a chance to win: https://stateoftennessee.formstack.com/forms/wfhtn wellness week 2024

*Tag Working for a Healthier Tennessee in your Facebook (@WFHTN) or Instagram (@workingforahealthiertn) posts! Note: If tagging WFHTN on social media, your post audience must be set to "public". Not on social media or prefer not to tag us? Email photo(s) to WFHT.TN@tn.gov to be shared.





Take a picture of yourself drinking water and post it on social media. Don't forget to tag us!*

inspiration from other employees?

Take a moment to read Are You Financially Fit? and learn about the benefits through **Here4TN's Emotional Wellbeing Solutions program** related to finances and how to make a budget.



