

Join us for the

BEAT the **STRESS** Challenge

Did you know that 75% of people suffer from stress? Stress affects your immune system and contributes to heart disease and stroke. You don't have to let it take control—you can beat the stress!

What's it about?

The Beat the Stress Challenge is about finding new ways to manage stress.

How long is the campaign?

Six Weeks

The Challenge

Each week, choose a different stress-reducing activity to engage in and track your participation on your Activity Tracker. Earn points for each week you complete an activity.

