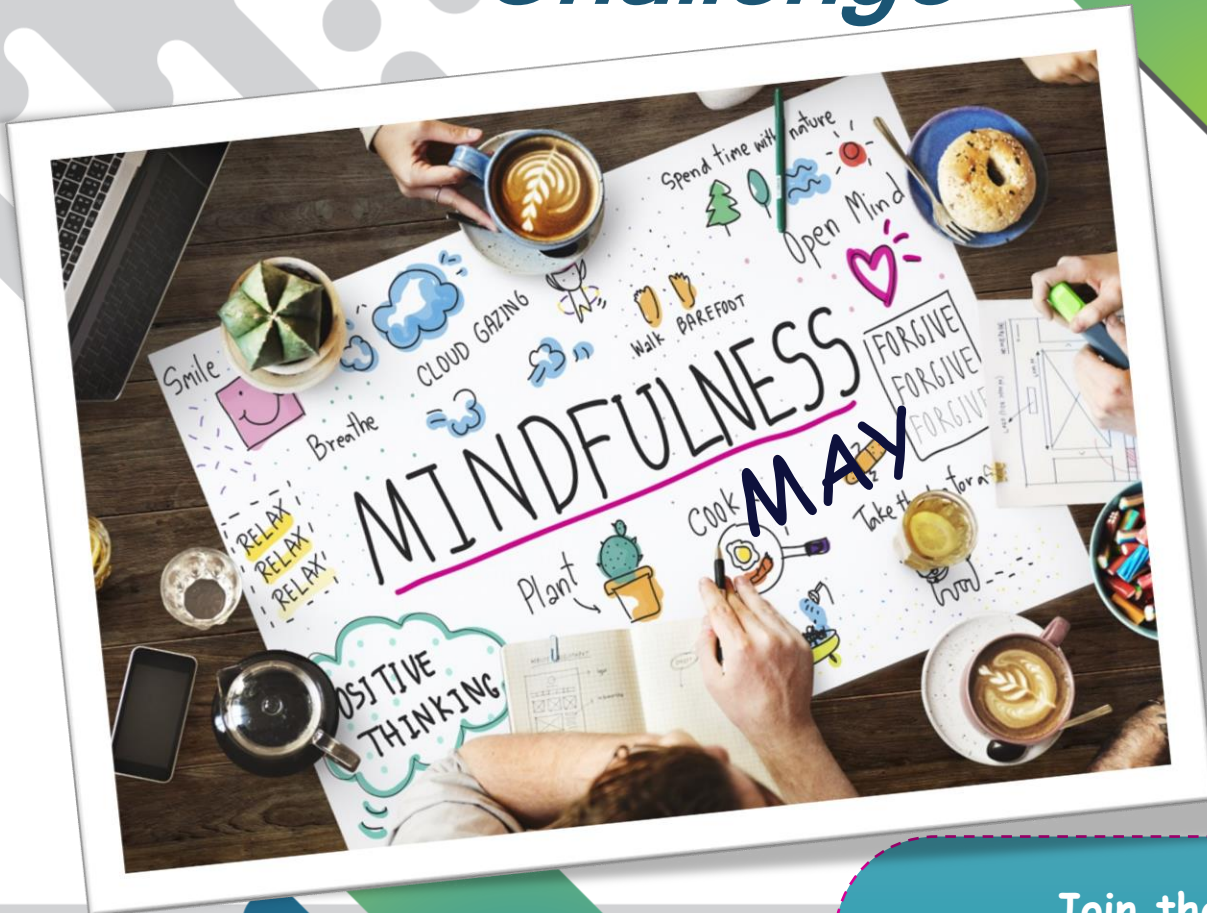


2019 WELLNESS Challenge



Join the
MINDFULNESS MAY
Wellness Challenge to
help you become more
focused, engaged and
less stressed.

To participate in the
4-week challenge and
be entered into a raffle
for a chance to win
AMAZING PRIZES,
complete the attached
registration form by
April 30th.



Happy mind Happy Life

In today's hustle and bustle, it's easy to move through the day disconnected from others and ourselves. There's always something that we need to prepare for or anticipate and our lives become a never ending to-do list.

As a result of our fast-paced, hectic schedules anxiety, stress and unhappiness is the new norm. You may not even realize it but constantly focusing on the future and reliving the past can leave us feeling worn out and disconnected.

So what's the cure? Slow down and savor every moment of your life by practicing **mindfulness** and returning to the present. When we worry and stress about our past and future, we leave no room for joy in the present! According to Psychology Today, "**Mindfulness** is a state of active, open attention on the present."

Each week you will be challenged to complete a **mindfulness activity**. At the end of the challenge you will be entered into a raffle to **WIN A PRIZE!!!**

BE mindful

To complete the **MINDFULNESS MAY** Wellness Challenge and be entered into the raffle for a chance to win **great prizes**, please complete the following:

- Complete a **Pre-assessment survey** before **April 30th**.
- Complete at least **4 Mindfulness activities** by **May 31st**.
- Complete a **Post-assessment survey** by **June 7th**.

Mindfulness May Activities

- Wake up with gratitude.
- Practice a morning breathing exercise.
- Read inspirational content.
- Smile in the mirror.
- Define and visualize 3 daily goals.
- Go to a natural setting, sit quietly and listen.
- Take a laughter recess.
- Recite positive affirmations.
- Be present with your family and/or friends.
- Take a music break.
- Set aside 15-30 minutes for relaxation.
- Watch the sunset or sunrise.
- Turn off all electronics one hour before going to bed.

BONUS: Receive 2 extra raffle tickets if you complete 2 additional mindfulness activities or watch 2 online webinars.

Webinars

Boost Your Self Esteem Presentation: <https://tinyurl.com/y3tpwkaq>
Stop Worrying, Start Living: <https://tinyurl.com/y2bykzk9>

MINDFULNESS

Mindfulness May Activities

During the month of May, check off at least 4 activities below and turn this form in by Friday, June 7th.

- Wake up with gratitude.
- Practice a morning breathing exercise.
- Read inspirational content.
- Smile in the mirror.
- Define and visualize 3 daily goals.
- Go to a natural setting, sit quietly and listen.
- Take a laughter recess.
- Recite positive affirmations.
- Be present with your family and/or friends.
- Take a music break.
- Set aside 15-30 minutes for relaxation.
- Watch the sunset or sunrise.
- Turn off all electronics one hour before going to bed.

BONUS: RECEIVE 2 EXTRA RAFFLE TICKETS IF YOU COMPLETE 2 ADDITIONAL MINDFULNESS ACTIVITIES OR WATCH 2 ONLINE WEBINARS.

Webinars

- Boost Your Self Esteem: <https://tinyurl.com/y3tpwkaq>
- Stop Worrying, Start Living: <https://tinyurl.com/y2bykzk9>

Name: _____ (Please write clearly.)

Fill out this form at <https://tinyurl.com/y65a3b68> or submit this form by FRIDAY, JUNE 7TH to the Health Education Department via email spadilla@epiclp.com, fax (909) 798-4077 Attention: Health Education, or deliver in person to 1150 Brookside Ave., Suite U, Redlands, CA 92373.

REGISTRATION & CONSENT FORM



Name: _____

Email: _____

Address (please provide your mailing address if you **do not** have an email address):

Phone: (____) _____

Register online at <https://tinyurl.com/yb8drftq> or submit this form by **TUESDAY, APRIL 30TH** to the Health Education Department via email spadilla@epiclp.com, fax (909) 798-4077 Attention: Health Education, or deliver in person to 1150 Brookside Ave., Suite U, Redlands, CA 92373.

▶ **PLEASE NOTE: YOU WILL RECEIVE THE PRE-ASSESSMENT SURVEY ONCE YOUR REGISTRATION/CONSENT FORM IS RECEIVED.**

In consideration of your accepting my entry for this contest -Mindfulness May, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive, **RELEASE** and discharge any and all rights and claims for damages which I may have, or which may hereafter occur to me against the Mindfulness May committee, planners, organizers, volunteers, Beaver Medical Group, L.P., EPIC Management Inc., sponsors, contributors, the persons, or organizations affiliated, their representatives, successors and assigns for any and all injuries suffered by me due to my involvement in the Mindfulness May challenge. I will additionally permit free use of my name and pictures in broadcasts, television, radio, print, Internet, and any other form of media promotion. I attest and verify that I am physically fit to participate in the Mindfulness May challenge, and I have my doctor's approval to exercise, if such approval is needed.

Signature

Date