



OCTOBER CHALLENGE

Join us the entire month of October for our Annual Live Long Lenoir October Challenge

GOAL: To achieve an overall higher quality of health and well-being by increasing minutes of physical activity per day.

LOOK FORWARD TO:

- A boost in your energy and outlook
- Restful sleep that comes from an active lifestyle
- Increased ability to handle stress
- A healthier, fit appearance

SIGN UP & REGISTRATION (SEPTEMBER 20TH-30TH):

- Pick up your registration packet anytime at Minges Wellness Center during business hours.
- You may register online at bit.ly/livelonglenoir.

NEED MORE INFO?
Call (252) 522 - 7009
or (252) 522 - 7397

 **LENOIR**
UNC HEALTH CARE
MINGES WELLNESS CENTER