THRIVE! WELLNESS WALKING CHALLENGE STARTS TODAY

Don't forget the Thrive! Walking Challenge kicks off today! If the Walking Challenge is one of the three activities you have selected as part of your personal wellness plan, be sure to start tracking your steps, today through June 28.

At the end of the challenge your tracking form needs to be returned to the Wellness department. If needed, the documentation form is available on the S://Thrive Wellness.

For more questions, answers, and resources, click here or visit covenanthealthcare.com (click on Employees in the upper right side of the homepage, and then click on the Thrive!Wellness section).

Thank you,

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