

Creating healthy changes in behaviors in the community in a fun and engaging way
NUTRITION * PHYSICAL ACTIVITY * HEALTHY ENVIRONMENTS * HEALTH AWARENESS



**Community
challenge kicks off
June 2nd.
Register today!**

KENKO, meaning “health” in Japanese, is a workplace wellness team-based challenge with the objective of implementing a fun and engaging approach to creating healthy changes in behaviors and the workplace. KENKO combines mobile, online, print, social media, and video into a fun and energizing work-wellness package you and your company will love.



Challenge Yourself to Get Healthy

Gather your team & join the Michiana Community KENKO Challenge It's a Win-Win

Teams and individuals compete in health-based challenges and games and share their successes online and through social media. **Go to www.CindyCohenRN.com to as an individual or team.**

JOIN now through May 24thth, 2015

CHALLENGE dates: June 2nd – July 28th (8 weeks)

REGISTRATION fee: \$10 per person

WEB BASED website connection

SMART PHONE applications

TEAMS consist of 2 – 10 people, any group

POINTS are calculated in real time

PRIZES awarded to the top teams



FUN | INTERACTIVE | EVERYONE WINS

We make fitness & eating healthy so much fun, you'll forget you're doing either.