



(KENKO means "health" in Japanese)

Team with the highest points will WIN PRIZES as the KENKO CHAMPIONS!

- 🍎 Team-Based Wellness Challenge
- 🍎 Interactive Health Challenges & Games
- 🍎 Social Media Interactions with Teams
- 🍎 Learn New Healthy Lifestyle Behaviors
- 🍎 Real – Time Scoring
- 🍎 Web-based with Smart Phone App
- 🍎 8 Weeks
- 🍎 \$10 to Participate



➡ 3 WAYS TO PARTICIPATE

- 1. JOIN** our Team or Create Your Own to Get Healthier → Teams 2 – 10 people
- 2. GIVE** to the Community Partner Program → Let the community know how your product or service can help improve health & wellness & help The Eating Well too!
- 3. DONATE** to The Eating Well of South Bend → Proceeds go to the purchase Hydroponic - Aeroponic Urban Tower Gardens.

To learn more about the KENKO Challenge & Community Partner Program
Contact C2 Your Health LLC 800.245.8917 www.CindyCohenRN.com