



February 26th– April 7th

Take control of your space by mastering the art of organization!

Getting organized can have significant health benefits, such as reducing stress and anxiety, promoting healthy lifestyle choices, improving time management, and even supporting better sleep.

If getting organized was as easy as 1, 2, 3...no one would struggle with it!

This challenge makes the organization process fun, helping participants achieve a sense of order in several areas of their lives.

To start, participants will learn about organization, including strategies to prevent feeling overwhelmed by the process. They will then complete six Organization Exercises, which involve watching a short video and completing an associated Organization Checklist to earn Wellable Points!

Participation is FREE and open to all employees, retirees of MMHG member units and their dependents age 18+. Always check with your medical provider before making changes to your exercise or diet. routine.

Weekly Raffles:

Earn Wellable Points each week for the chance to win a *sustainability-to-go kit* (includes items to help reduce your carbon footprint: a set of wool dryer balls, a reusable silicone food storage pouch, an eco-friendly sponge and beeswax paper, all packaged in a recycled cotton draw-string bag).

Winners Announced 3/4, 3/11, 3/18, 3/25, 4/1

Grand Prize Raffle: April 8th

All participants that earn **Wellable Points during the challenge will be entered in a raffle to win one of **six \$25 Amazon gift cards!**

****Each Wellable point a participant earns equals one entry in the grand prize raffle. So the more you participate (and the more activity you track) the more chances you have to win!**

How to Participate– You'll need a MMHG/Wellable Account:

~Create a MMHG/Wellable Account at: <https://app.wellable.co/mmhg>. Once you've successfully registered you'll receive an email with log in instructions and information on how to connect & get started.

~If you already have a MMHG/Wellable Account from participating in previous MMHG Challenges, you're all set! Just log into your MMHG/Wellable account at <https://app.wellable.co/login> and check the challenge **bulletin board** for information on how to get started.

Having Trouble Registering or Logging in? Send an email to support@wellable.co