

— THE —
**WELLBEING
CHALLENGE**



THIS WEEK'S

Connect CHALLENGE



Get in touch with someone you haven't talked to for at least a month, by phone or face-to-face. Using social media, text or email to connect doesn't count!

Maximum one person a day

1 POINT PER DAY

If you do this every day this week, earn an additional ...

**10
POINTS**



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