

January: Portion Control	February: Cardiovascular Health	March: Sleep
65 employees signed up to participate	49 employees signed up to participate	49 employees signed up to participate
9 employees earned full points	15 employees earned full points	5 employees earned full points
48 completed the challenge	42 completed the challenge	37 completed the challenge

Future Topics:

April: Benefits of Walking

May: Mental Health Awareness

June: Oral Health

July: See Your PCP

August: Importance of Drinking Water

September: Fruit and Veggie Consumption

October: Cancer Awareness

November: Diabetes Awareness

December: Tobacco Awareness

