



ARE YOU UP FOR THE CHALLENGE?

Tune Into YOU during this four-week mindfulness challenge!

Mindfulness is being **present in the moment and actively aware of your feelings, thoughts, and behaviors**. When we practice mindfulness, we tune into what we're sensing in the present moment rather than worrying about the past or thinking about the future.

Join us during our **Tune Into YOU** program, which challenges you to accomplish a different mindfulness activity each day for four-weeks. By completing these activities, you will be able to better focus on the present moment and reduce stress.

How to Sign Up for the Challenge?

The four-week challenge will kick off _____ and end _____. Please register by _____.

How to Win?

Simply complete the four-week challenge and submit your tracker to be entered into a raffle to win _____.

If you have any questions about the challenge, please reach out to

_____.



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