about it and I am sure I'm not the only one.

collected in the process. It was a great and wonderful experience to be part of it. My feet still hurt thinking

6 week competition we managed to raise over one thousand dollars towards our partners and bring a lot of

dough mahoning during this challenge. From our lot, just try it. Go super competitive. By the end of the

have the app on for 11 to 12. We were able to find a couple of people including our own mahoning WIC director

break lines walks off route of goal or even weekend hikes with their families. All they have to do is

restrictions of when everyone could log in their miles. It could be while they are walking during work, at

charity. The application was free to download and donations were all done by the app. There were no

focus on us being. For every mile that person walked we would get donations going towards

By using the charity app each person can select one of the approved charities we wanted to

just finish. Everyone loved the team competition. There were a total of 46 teams in our organization

and a few others were in charge of getting groups together and how our top Walker in all of Planned Bremwood

competition. The purpose was to get the silent into teams with just teams and simple just walk. Cans

Planned Parenthood WIC came together and walked for a good cause. It was our first charity Miles

Wellness Activity #1 Charity Miles Challenge
Wellness Activity #2: Eat, Think, & Smart
Wellness Activity #3 Crock Pot Challenge

Food Selection: The following photos are from each dishes crock pot challenge. We were far beyond what we intended for this challenge. The start literally blew us away from presentation to taste. The judges were well pleased with the dishes presented. The final results are as follows:

1. **Best Presentation**: [Dish A]
2. **Best Flavor**: [Dish B]
3. **Best Overall**: [Dish C]

The winners were [names], [names], and [names].

A New Year means new goals. This was the mindset when we gathered to decide what creative wellness challenges we could come up with for year.