



# GIFT A GREETING CHALLENGE

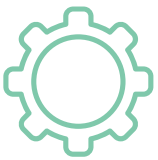
SIGN-UP: 10/30/17- 11/20/17  
CHALLENGE STARTS: 11/10/17  
CHALLENGE ENDS: 12/8/17  
25 WELLNESS POINTS EARNED IF COMPLETED



## Even small acts of kindness can make a BIG difference.

Have you ever thought about how impactful a simple gesture of kindness can be in the life of someone else? A kind word or thoughtful act can inspire goodness, make someone feel appreciated, and totally shift a person's outlook on life.

### HOW IT WORKS:



Award yourself one challenge point for each compliment or greeting you share throughout the day.

**The goal: reach 30 challenge points to earn 25 program points.**  
**Daily max challenge points: 2 per day**


**Incentive:** The first 200 members that register *and* complete the Gift a Greeting challenge will earn (1) Leave One Hour Early Ticket. Good for any day that does not disrupt the main schedule. Leave must be submitted and date arranged at least 1 week in advance to your building administrator. Not valid during SOL Testing (school level).



**Approved Leave Valid the date issued through 5/15/2018 only.**

Register and track your progress on the [www.connect.viverae.com](http://www.connect.viverae.com) dashboard under the **Well-being** section.

Questions about this challenge or your wellness program? Call 888-VIVERAE (848-3723).

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