



Coming Soon

A wellness program that inspires you to build more kindness rituals and awareness into your life.

In this 4-week program, you will learn and do “Good Things”—activities that not only nurture goodness but boost happiness and improve health and well-being. As you log Good Things, you add an element to a whimsical animated scene. The elements include inspiring stories, quotes or insights on kindness, civility or graciousness. There is a new scene every week. This challenge is open to employees/retirees and immediate family members.

Aim for Good Things in all 3 categories:

- **Good to Me** are physical, emotional and social self-care practices.
- **Good to You** are kindness, graciousness and civility toward people you know.
- **Good to All** are acts of goodwill towards people you do not know.

Program Goal: Your goal is to perform 10 Good Things per week. By the end of the 4 weeks, you would have logged 40 Good Things to be eligible for a Fitbit.

Prizes: For participants who complete the program goal, they will be entered into a raffle to win 1 of 50 Fitbits.

Important Dates:

- Registration Begins: 5/4
- Registration Ends: 5/24
- Program Begins: 5/18
- Program Ends: 6/14



Scan the QR Code
to register

