

2019

New Year's Resolution Challenge



2019 is the perfect time to start taking better care of the body you are living in! This challenge is an incentive program where you decide your challenge and set your own goal. The goal can be anything pertaining to wellness.

START DATE: *Tuesday, January 1*

END DATE: *Sunday, March 31*

LOG SHEET DUE: *Tuesday, April 2*



REGISTER NOW: Click [HERE](#) to Register for the Challenge OR CONTACT Sarah Williams at (704) 832-2329 or swilliams@co.iredell.nc.us!

