

# TAKE THE CHALLENGE

## 8 Dimensions of Wellness

Emotional Dimension	Spiritual Dimension	Intellectual Dimension	Physical Dimension	Environmental Dimension	Financial Dimension	Occupational Dimension	Social Dimension
Garden and/or start seeds	Attend a local worship service	Read for enjoyment	Cook a healthy meal	Conserve water- don't leave faucets running	Donate or sell unused items	Leave work on time	Volunteer locally
Write daily in a journal	Pray / Meditate	Try a NEW craft or hobby	Try a NEW activity like Yoga or Tai Chi	Take a walk and pick up litter	Create a realistic budget	Avoid working during personal time	Spend time w/ reconnect w/ someone close
Watch a sunrise or sunset	Help someone w/o Expectations	Try a challenging puzzle	Drink 6-8 glasses of water a day	Declutter & Organize 1 room	Start an emergency savings acct. Add \$10-\$20 weekly	Relay positive comments/ feedback to co-workers	Spend time with others in a different age group

Each activity must be done/attempted 3 times for completion

**General Prize Entry:** Complete a total of 10 individual activities on the wellness challenge form during the challenge time frame. To count an activity as completed it must be done/attempted at least 3 times. Each activity can only be used once. All prize entries must be received by the end of the 10th day after the official end date of the challenge to be eligible.

**Grand Prize Entry:** To be entered for a chance to win the grand prize, complete the general prize entry as instructed above AND post a picture showing you completing one of the challenges on social media. Be sure when you post the picture to tag our Facebook page @LowellCommunityWellness also using the hashtag #8dimensionschallengeLowell.

See our website and/or social media pages for the official challenge dates.

When you have completed the entry criteria and marked your completed activities, submit your challenge form by one of the methods below:

Email: Take a picture of both sides and email it to: [lowellcommwellness@gmail.com](mailto:lowellcommwellness@gmail.com)

OR

Mail: Your completed form to  
Lowell Community Wellness

PO Box 246  
Lowell, MI 49331

***NOTE:** Your entry form must be received by the 10th day after the official end date of the contest with all of the above criteria met to be eligible for a prize. We are not responsible for any entries not received that don't meet minimum entry criteria.*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Each activity must be done/attempted 3 times for completion. Check with your doctor before starting any new activity.