

Lowell Community Wellness Challenge Instructions

Prize entry: Complete a total of 16 individual activities on our wellness challenge form during the month of the challenge. Each activity can only be used once. You will be entered to win a prize. All prize entries must be received by September 10, 2022.

Grand prize entry: To be entered for a chance to win 1 of 2 grand prizes, complete a total of 16 individual activities on our wellness challenge form during the month of the challenge. Each activity can only be used once. You must also post a picture showing you completing one of the challenges and tag our Facebook page @LowellCommunityWellness and don't forget the hashtag #8dimensionschallengeLowell.

When you have completed the entry criteria and form you can take a picture of both sides and email it to lowellcommwellness@gmail.com
OR

You can mail your completed form to: Lowell Community Wellness, PO Box 246, Lowell, MI 49331.

Name: _____

Address: _____

Email: _____ Phone: _____

Be sure you are healthy enough to complete the activities chosen and/or check with your doctor before entering the challenge. Each person may only enter once and individuals cannot win more than one prize. Not everyone entering will win a prize. LCW is not responsible for entries not received, lost, or that are not legible.



Lowell Community Wellness

Inspiring and educating the Greater Lowell Community to attain a healthier lifestyle



Take the Challenge 8 Dimensions of Wellness

Emotional dimension	Spiritual dimension	Intellectual dimension	Physical dimension	Environmental dimension	Financial dimension	Occupational dimension	Social dimension
Garden	Attend a local worship service	Read for enjoyment	15-20 stretching routine	Conserve water – don't leave faucets running	Donate or sell unused items	Leave work on time - 1 -wk.	Volunteer locally
Cook a new healthy meal	Prayer/ meditation	Try a new craft/ 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 - 1-wk	Spend time with/ reconnect with someone close
Create & share a new smoothie recipe	Help someone w/o expectations	Try a challenging puzzle	Drink 6 to 8 glasses of water a day	Declutter & organize one room	Start an emergency savings acct add \$10-20 weekly	Relay positive comments/ feedback to Co-Workers	Join a club/ organization