



Healthy Holidays Selfie Challenge

OVER THE HOLIDAY BREAK, JOIN IN THE CHALLENGE BY TAKING A "SELFIE" WHILE YOU DO SOMETHING HEALTHY OR RELATED TO THE WELLNESS PROGRAM!

TO ENTER, POST A PICTURE ON FACEBOOK OR INSTAGRAM, TAG THE WELLNESS PROGRAM PAGE AND USE THE HASHTAG:

#PCSDHEALTHYHOLIDAYS

TO GET AN EXTRA ENTRY, WEAR SOMETHING THAT HAS THE WELLNESS PROGRAM LOGO ON IT!

THE CHALLENGE WILL END JANUARY 6TH AND WINNERS WILL BE CHOSEN FROM A RANDOM DRAWING.



PCSD Wellness Program



@pcsdwellness