



PEHP WELLNESS
**Monthly
Challenge**



Find Your Purpose

April 1-30

Discover why YOU matter and how to use your unique characteristics and strengths to make your mark on the world.

Schedule

Join us for a 4-week email based challenge!

Week 1: Knowing You

Week 2: Benefits and Myths

Week 3: Who Instead of How

Week 4: Finding Purpose at Work

Purpose and meaning are closely related. For the purposes of this challenge, both words will be used interchangeably.

Wellness challenges are email based, self-paced educational programs that focus on areas of well-being. Often used to jumpstart habits and personal goals, challenges provide information, resources, and motivation to help you achieve good health.

**REGISTER
TODAY**

or at pehp.org
Sign up early to
receive all the
weekly emails

PEHP Wellness | 801-366-7300 | wellnesschallenges@pehp.org