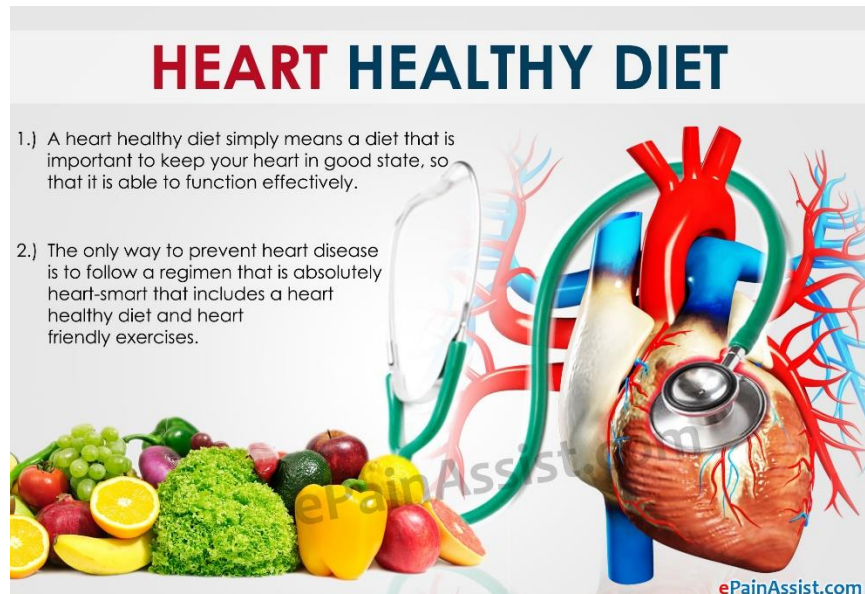


## February/March 2018 Challenge Options:



Option 1: Post a "Heart Healthy Diet" to WCDHD's Staff Posse page at least 3 times a week for the months of February and March 2018.



Option 2: Have your blood pressure checked twice during the month of February 2018 by the Employee Health Nurse. Dates/times for blood pressure checks:

February 13<sup>th</sup> from 8-8:30am

February 20<sup>th</sup> from 8-8:30am

February 27<sup>th</sup> from 8-8:30am

In March 2018, encourage all those you know 50-74 years of age to talk to their physician about getting screened for colon cancer.

Please let me know if you have any questions or concerns regarding the challenges, the goal is for all to be successful!!!