

# A More Balanced You! Challenge



Join us for “A More Balanced You!” CareHere Challenge starting October 13th, 2014.

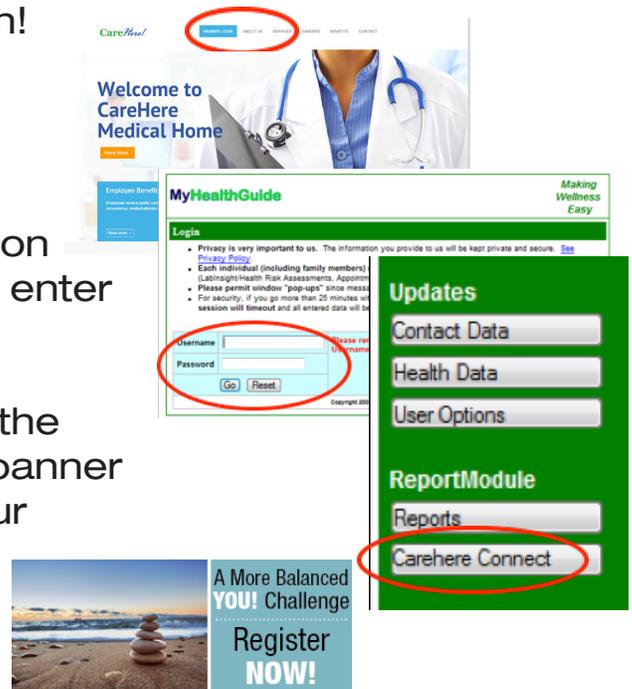
Prize drawings for those who participate; the more you participate the greater your chances to win!

This is a 7-week challenge to help you learn what’s truly important to you, find out how to manage your time, and learn to practice skills that help restore balance and happiness in your life.

Visit the CareHere Connect site to register and learn more!

REGISTRATION will begin on October 6th!

- Go to [www.CareHere.com](http://www.CareHere.com) and log in with your user name and password
- Click on the “CareHere Connect” button located in the green navigation bar to enter the CareHere Connect site
- To register for the challenge, click on the “A More Balanced You!” registration banner located on the center right side of your CareHere Connect home page



Wellness

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behavioral health

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