

# Challenge Your Heart Health!



## Join us for the CareHere 'Challenge Your Heart Health' Program, starting July 14, 2014!

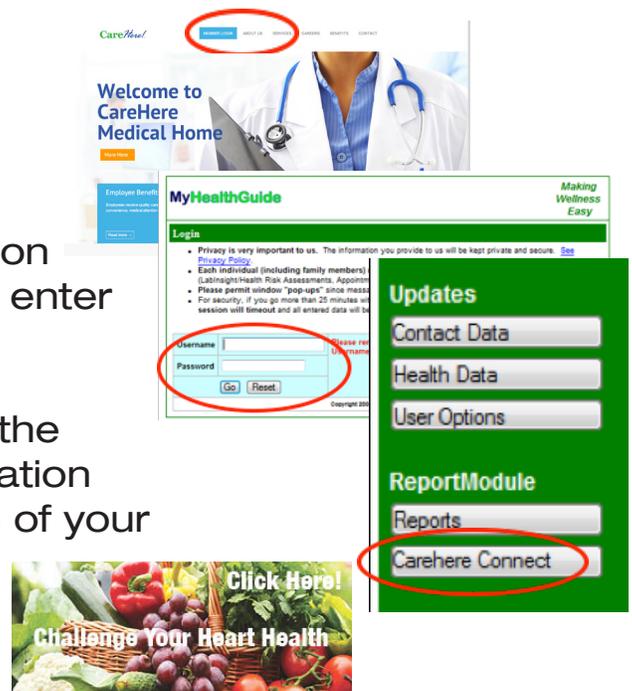
Prize drawings for those who participate; the more you participate the greater your chances to win!

This is a 6 week lifestyle challenge to help you improve your heart's health through better movement and nutrition.

Visit the CareHere Connect site to register and learn more!

### To Participate, Register Online:

- Go to [www.carehere.com](http://www.carehere.com) and log on 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 "Challenge Your Heart Health" registration banner located on the center left side of your CareHere Connect home page



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