



Find healthy habits that work for you with a *30-Day Journey to Wellness Challenge*

Find inspiration and feel empowered to jump-start your wellness with fun and motivating *health challenges* ranging in difficulty and duration. *Health challenges* are a feature of the new Health & Wellness Centre*.

The *30-Day Journey to Wellness* challenge is a month-long program designed to help you incrementally introduce healthier habits into your routine. You will be challenged to participate in a variety of activities focusing on diet, exercise, and mental health, including:

- Starting your day with positive affirmations
- Trying a new workout
- Reaching out to an old friend for social connection

*Access the Health & Wellness Centre through your [My Canada Life at Work](#) profile today.