



FIGHT THE FATIGUE

Take the 4-week Challenge!

AdvantageHealth.com

Welcome to the Fight the Fatigue: 4-week Challenge!

Fatigue is a common complaint that brings adults to their physicians' offices, according to Harvard Health Publications. Fortunately, you may be able to change some habits or pick up some new ones that can help your body generate more energy.

During this challenge, you can try at least 10 out of 14 new techniques every day for 4 weeks to help improve your energy naturally. Participants who complete 10 out of 14 challenges will have their name go into a drawing for a prize.

Challenges runs XXX through XXX.

To sign up, contact XXX at XXX. Sign-up deadline is XXX!

