



POWER of *Play*

Take the 4-week Challenge!

AdvantageHealth.com

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Welcome to Play at Work: 4-week Challenge!

While play is usually associated with children's development, it is also beneficial at all stages of life. Play can add joy to life, relieve stress, supercharge learning, and connect you to others and the world around you. Play can also make work more productive and pleasurable.

Play is great on your own, or with a pet. However, for the greatest benefit from play include more than one person and remove yourself from gadgets and screens to avoid from sensory overload. During this challenge, participants learn about the benefits of play, how define what play means to you, how to integrate play at work and beyond.

Everything You Need! All challenges include customization, tracking card, promotional materials, education materials, plus a follow-up evaluation of your program. AdvantageHealth can also provide weekly administrative support.

