

# NorthLakes COMMUNITY CLINIC

## IT ONLY TAKES ONE MINUTE TO WIN IT!

Join us for our community wellness challenge. Show us what makes you tick with a one minute wellness video. Participate and you may win prizes!

Submit your video at  
[nlccwi.org/wellness-challenge](http://nlccwi.org/wellness-challenge)



## The Details



### Who Will Submit

Submit a one minute video of yourself demonstrating your commitment to wellness and self-care.



### What to Submit

Self-care and wellness examples could include but are NOT limited to: doing the plank, sit-ups, reading, eating healthy, etc.



### Where to Submit

Submit your 1 minute video at [nlccwi.org/wellness-challenge](http://nlccwi.org/wellness-challenge).



### Why Submit

Improve your overall wellness & better your self-care. You may also win some cool prizes.



### How & When

Submit your video to us by July 30. Videos will be posted on August 2 on Facebook. Vote on your favorites on Facebook from August 2-6 with a reaction. Winner will be announced August 9.



### Prizes You May Win

The winner of our community wellness challenge will win a fitness tracker/smartwatch and a gift basket full of fun NorthLakes Community Clinic giveaways.