

2023 MAINTAIN DON'T GAIN CHALLENGE

All employees covered under the Consortium Health Plans are invited to participate in the challenge. This holiday season consider giving yourself the gift of eating smart and staying active.

The challenge runs from November 6, 2023 through January 1, 2024, with weekly emails to promote healthy living during the upcoming holidays.

To register email hwellness@tompkins-co.org with your name/municipality.

This will enter you to win our raffle. Prizes include a NYS Empire Pass, \$100 gift card to Wegman's, or a \$100 gift card to spa of your choice.



Registration is due by November 3rd

Questions? Email: hwellness@tompkins-co.org