



YELLOWHAWK
TRIBAL HEALTH CENTER

NEW YEAR'S REZ CHALLENGE

2025

REGISTRATION CLOSING **JANUARY 31**

Open to public. Personal Challenge.

REGISTER
HERE!



CREATE HEALTHY HABITS

2 GOALS

8 WEEKS

FEBRUARY 3 - MARCH 28

DETAILS

Weekly Raffle:

Submit a picture of yourself working on one of your goals each week.

OR

Submit a written check-in by email.

Grand prize at end of challenge!

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