March Gladness

Play begins (March 4 -10)

Participate in March Gladness!

A wellness take on the March Madness bracket, this activity is an opportunity to get GLAD, be thankful, and be as healthy and happy as possible.

How to Participate: Complete well-being activities and enter to win an Amazon gift card! Starting **Monday, March 4**, go to the date listed on the bracket and complete one of the two activities. Continue this through **Sunday, March 10**. You choose the activities to complete that day.

Make it to the finals by submitting your completed form via email or text to your WebMD Coordinator by **Monday, March 11**th to be entered in the Amazon gift card raffle.

Name:		

Email/Phone:

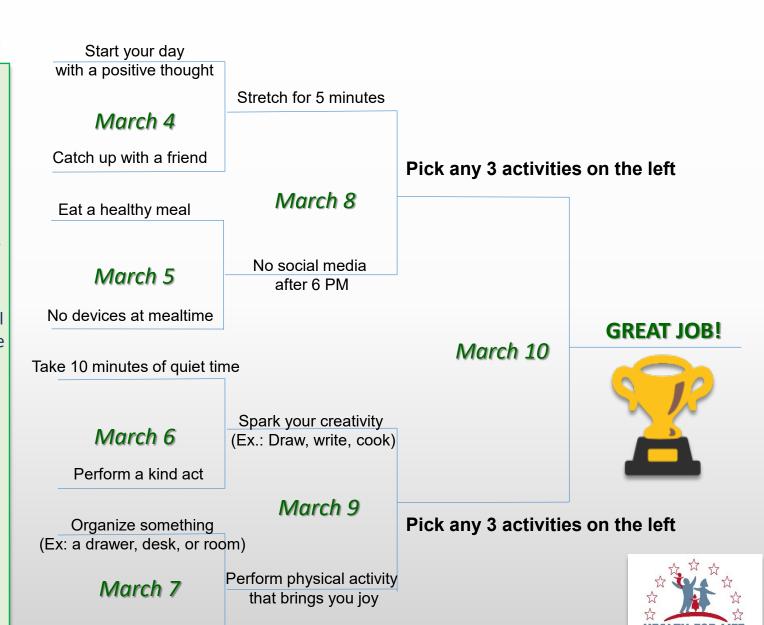
Submit to your WebMD Coordinator, Angie Moreno:

Email: angela.moreno@consultant.volvo.com

Text: (336) 609-2374

Disclaimer: This information does not provide medical advice, diagnosis or treatment. It should not be used as a substitute for health care from a licensed healthcare professional. Consult with your healthcare provider for individualized treatment or before beginning any new program.

Hard copies of this form are available for print on the HR kiosks



Go for a brisk walk