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**(Enter 4-week time frame)**

Mindfulness is being**present in the moment and actively aware of your feelings, thoughts, and behaviors.** When we practice mindfulness, we tune into what we’re sensing in the present moment rather than worrying about the past or thinking about the future.

Join us during our **Tune into YOU** program, which challenges you to accomplish a different mindfulness activity each day for four-weeks. By completing these activities, you will be able to better focus on the present moment and reduce stress.

***How to Sign Up for the Challenge?***

The four-week challenge will kick off (enter start date) and end (enter end date). Please register by (enter registration information here.

***How to Win?***

Simply complete the four-week challenge and submit your tracker to be entered into a raffle to win (enter prizes/incentives).

**If you have any questions about the challenge, please reach out to****(enter contact person information here).**