



As we honor our friends, what better way than through the gift of health?

You can win:



Training Sessions



AquaBoard Classes



Fitness Accessories



STEP 1

Scan QR Code

to register

BEFORE July 29th



SCAN ME



STEP 2

We will add **3 guest passes** to your account to invite a friend to attend a class with you at NCH Wellness between July 30 (**International Friendship Day**) and Aug 7 (**National Friendship Day**).

STEP 3

SEE REVERSE SIDE; Complete Challenge activities for a chance to win, *more activities = more chances to win*

NAME:

**Please have
Wellness Staff
sign off on your
card and turn it in
to the front desk**



Take a cycle class	Register for a TRX class	Perform 25 push-ups
Complete FRIENDSHIP WEEK word search	CHECK-IN A GUEST AT THE FRONT DESK	Take a BALANCE or CHAIR YOGA class
Follow NCH Wellness on Instagram <u>OR</u> Like us on Facebook	Perform 50 sit-ups	Bring a guest for a <i>Buddy</i> fitness class