



Steps to Success

Stress Less Challenge

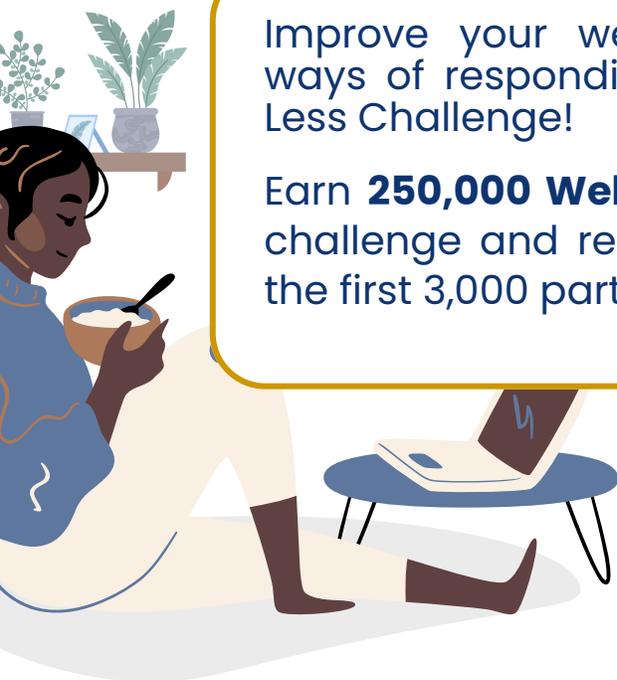
Challenge Dates: Mar 31 - May 30

Goal: 250K Points

Prize: Wellness Yoga Mat

Improve your wellbeing by developing healthier ways of responding to stress in this unique Stress Less Challenge!

Earn **250,000 Wellable points** during this 9-week challenge and receive a Wellness Yoga Mat (for the first 3,000 participants).



9 Weeks



Earn enough points to also be entered into the **raffles** below!

250K Points

Stanley Tumbler

(10 Winners)

350K Points

Paddle Board

(5 Winners)

450K Points

Garmin Watch

(3 Winners)

If a winner's name is drawn in multiple raffles, they will receive the higher value prize.



Human Resources
Employee Benefits and Services

Sign Up Today!

app.wellable.co/sbcounty



*All prizes are subject to change & inventory availability and will be available only while supplies last. All prizes are subject to IRC tax codes. Visit link.sbcounty.gov/wellness for more details. [Wellness Notice](#)