

RADNOR TOWNSHIP RECREATION & COMMUNITY PROGRAMMING DEPARTMENT PRESENTS...

FAMILY WEEKLY WELLNESS CHALLENGE!

We challenge you and your family to 4 weeks of wellness activities designed for your entire family!

Each week will have a different wellness focus:



Week 1 - June 8

**Physical
Fitness**



Week 2 - June 15

**Healthy
Eating**



Week 3 - June 22

**Mental
Wellness**



Week 4 - June 29

**Community
Wellness**

Register for FREE as a family online and complete each weekly challenge for a chance to win great prizes! The Family Weekly Wellness Challenge is an opportunity for you and your family to learn more about what it means to live well. Each week's themed wellness challenge and/or tips will be released and distributed weekly on Mondays via email. Follow along as a family at your own pace, or submit pictures or videos of your family's participation for a chance to win some awesome prizes!

1st Place Family* will receive:

- ◇ \$25 Giant Gift Card
- ◇ Certificate for five (5) free yoga classes with Verge Yoga
- ◇ Radnor Township 'Swag' Bag

2nd Place Family* will receive:

- ◇ \$20 HipCityVeg Gift Card
- ◇ One (1) Free Hour of Virtual Personal Training from Platoon Fitness
- ◇ Radnor Township 'Swag' Bag

ALL Registrants

receive a \$5 off a \$25+ take-out or delivery order from HipCityVeg

How to Participate and How Qualify for Prizes

- * Families must pre-register for free online at www.radnorrecreation.com. All registered families will receive a weekly email that outline the weekly wellness theme and challenge. In addition, all families who register will receive a \$5 off of \$25+ take-out or delivery order from HipCityVeg.
- * To qualify for 1st or 2nd place, families must complete and submit all 4 weekly challenges to the Recreation Department via email (recreation@radnor.org) by Wednesday, July 8th. The 1st and 2nd place winners will be drawn at random out of all qualifying families.
- * Not interested in prizes but want to participate for fun and at your own pace? No problem! Register online to receive the weekly wellness challenges and tips (and HipCityVeg coupon!) with no pressure to submit pictures or videos of your family's participation. Feel free to participate at whichever level and pace is best for your family!

