

OCTOBER VIRTUAL FITNESS EVENT

LĀNA'I *Fitness Challenge*



Sponsored by LĀNA'I COMMUNITY HEALTH CENTER

EVENT DATES: OCTOBER 1 - 31, 2022

EVENT REGISTRATION & CHALLENGE INFO:

[HTTPS://FORMS.OFFICE.COM/R/U27JTNCZUW](https://forms.office.com/r/U27JTNCZUW)



We challenge you to 31 days of exercise!

This 100% virtual event will be hosted solely through social media to track and support one another through our fitness journey.

All you will need is a Facebook, Instagram, or email account.

Weekly prizes will be available for participants, along with a free event t-shirt.

email wellnessliving@lanaihealth.org for more info



@lanaihealth