

You're already together—add a quick dose of self-care! Stretch while you huddle to build a stronger culture of wellbeing.

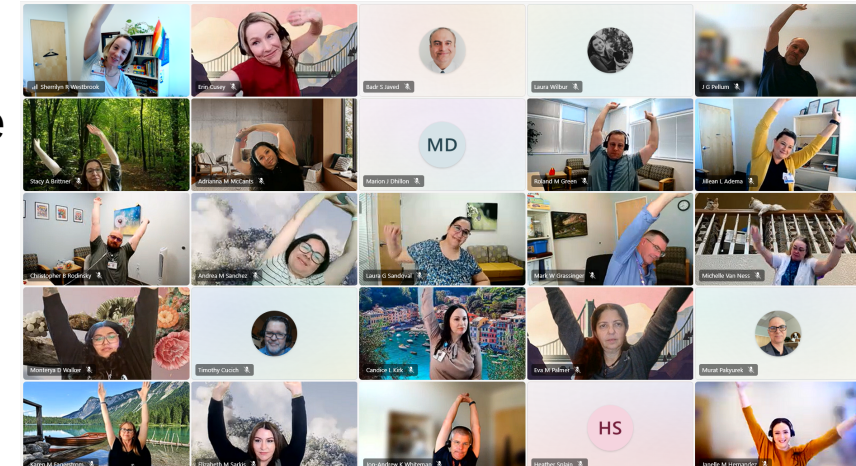
- **What:**
 - LWBW challenges your team to add in a Workout of the Week (WOW) exercise while your team huddles!
- **How to Participate:**
 - Complete a [Side Lunge Stretch](#) with your team during your daily huddle or pick a [WOW exercise from the website](#)
 - Snap a photo of the team doing the exercise.
 - Email it to livewellbewell.nvly@kp.org (subject line: *WOW Team Challenge*)
 - Your team will be entered in a raffle to enjoy a team fruit snack box.

When:

- July 1-July 31
- Teams can submit 1 WOW 'in action' photo each week to increase their chances.

Team raffle winners will be announced in the August LWBW newsletter.

Roseville Child Mental Health Team



WOW Website

