

organize
&
rejuvenate



SIGN UP
by June 1



EHAWELLNESS.ORG

EHA WELLNESS WORKS

ORGANIZE & REJUVENATE

SIGN UP
«(by June 1)»

Efficiency is doing better what is already being done. - Peter Drucker

The benefits of an organized life at home and work include less stress, more time to relax, more time to spend with others and increased productivity—all of which impact our health in a positive way. This month you can choose an area of your life that needs a little bit of organization. Spend 15 minutes each day organizing a drawer, a closet, a desk, a room, computer files—and see how being organized affects your overall outlook.

Once you've organized things, you can take the time to rejuvenate your health and happiness.

Register today at www.ehawealth.org!

CHALLENGE GUIDELINES - JUNE 2018

- Spend at least 15 minutes each day organizing part of your world.
- Take actions to rejuvenate your health and happiness.



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