



BE PRO



ACTIVE

NEW

## REACH WELL-BEING ACTIVITIES

Try the City's Reach Well-being Program online or download the Limeade One app for interactive learning and challenge activities to support proactive well-being. January thru March of 2024 will focus on prevention and physical health. Check out the topics below.



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Make a Family Calendar



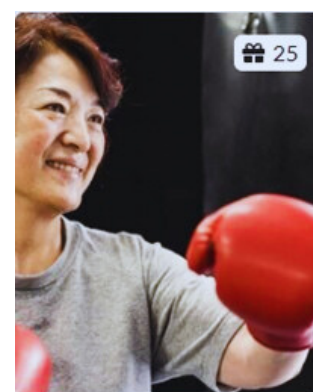
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Eat Veggies, Get Fiber



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Your Heart Health Matters



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Exercise for Disease Prevention

**Choose from more activities like these including**

- Partner with Your Doctor
- Accolade - Personalizing Your Healthcare
- Yoga: Settle Your Nerves
- Preventive Check Ups
- and MUCH MORE...

**Join with the Limeade One App**



**Enter Code:  
SEATTLE**