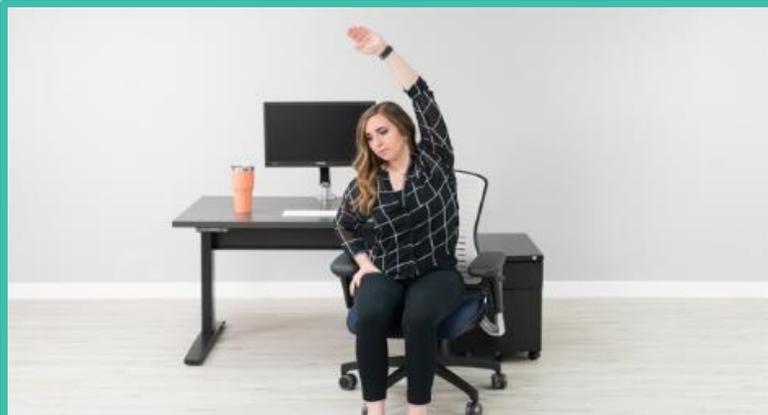




# Stretch Don't Strain

## Pima County Stretch Challenge



September 21 – October 23, 2020

## How to Participate

Register for the challenge [HERE](#) and receive webinar training link. If you are unable to attend a live training webinar, recordings will be available.

Attend one of the following webinars:

- **September 14<sup>th</sup>**, 12:00 – 1:00 pm
- **September 17<sup>th</sup>**, 10:00 – 11:00 am
- **September 17<sup>th</sup>**, 2:00 – 3:00 pm

Complete the Stretch Don't Strain Participant Tracker and Submit to [challenges@welcoaz.org](mailto:challenges@welcoaz.org) by **October 30<sup>th</sup>**



- ✓ Reduce your risk of injury!
- ✓ Increase your flexibility!
- ✓ Reduce joint & muscle pain!
- ✓ Improve your performance!
- ✓ Great for stress relief!

## Prizes

- Complete at least **30 days to earn 15 points** and qualify for prize drawing of **1 of 5 \$100 Corporate Reward gift cards.**
- Complete at least **20 days to earn 10 points** and qualify for prize drawing of **1 of 10 \$50 Corporate Reward gift cards.**
- Complete at least **10 days to earn 5 points.**

*\*All gift cards are subject to taxation*

