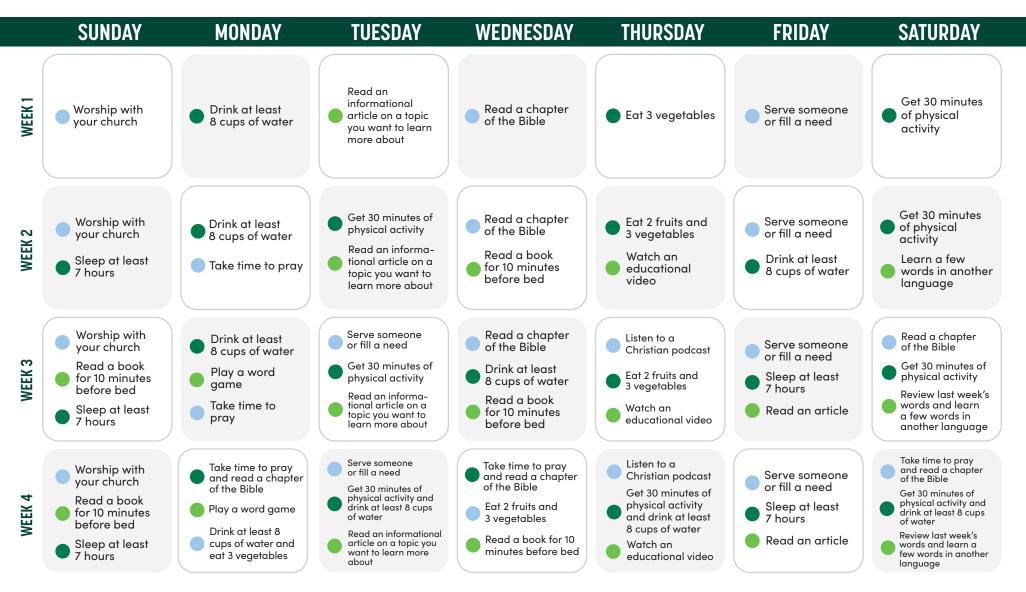
THE GUIDESTONE WELLNESS CHALLENGE BODY, MIND, SPIRIT

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Drinking water, getting enough sleep and reading your Bible are a few valuable activities that contribute to your well-being when practiced daily. This four-week challenge focuses on helping you build balanced habits by highlighting specific goals each day. See how many you can complete!

Learn more about how we advocate for your wellness and resilience at GuideStone.org/HealthPlans.



Completed the Challenge? Let us know by tagging @GuideStone on Facebook[®] or X[™] with the hashtag #GuideStoneWellnessChallenge.

Ready to take it to the next level? Build your own schedule for next month by setting goals for the habits most important to you. Remember to include activities for mind, body and spirit.