

# Reflect Where You Connect

January 27 – February 23, 2025

Registration open: January 13 – February 2, 2025



Simple ways to answer  
life's big questions.

Join the next group challenge offered through the Altman Wellbeing Program. For more details on how to participate, visit [altmanplantswellness.com](https://altmanplantswellness.com)

**Completion requirements:**

Earn at least 20/28 sparks



Don't forget to download the Navigate Wellbeing app for a convenient and easy way to track your activities. The app is available as a free download in the Apple App Store and Google Play App Store! Scan the QR code to download.

Questions? | [info@navigatewell.com](mailto:info@navigatewell.com) 888-282-0822

