

STRONG MINDS CHALLENGE

February 3, 2025 - March 17, 2025



Reach the goals of:

- ✓ Connecting with Others
- ✓ Sleep - 7-9 hours per day
- ✓ Using a Strong Minds Strategy like deep breathing, yoga, stretching, exercise and more!

Sign up today!



<https://forms.gle/3XbY7Rari8PUFMed8>

Special Olympics
Wisconsin



For More Info:
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