



# PARTICIPATION CHALLENGE FOR WELL-BEING WEEK

## SHARE YOUR EXPERIENCE & WIN PRIZES

### How Are You Participating?

We'd love to hear how you're participating in Well-Being Week in Law 2022! Did you read, watch, or do something to boost your well-being? Perhaps you're organizing activities for others?

However you're participating, please give us a brief description, and feel free to share photos! Register your participation (only once, please) by May 12, and you'll be automatically entered into a raffle for some fantastic well-being-boosting prizes listed below.

**Deadline: May 12, 2022**

### 1 CANYON RANCH EXPERIENCE

A 3-night, all-inclusive well-being [Pathway Experience](#) at any one of the [Canyon Ranch](#) luxury wellness Resorts or Retreat in Tucson, AZ, Woodside, CA, and Las Vegas, NV.

You can find your path to well-being, energy, balance, joy, and health at Canyon Ranch. It caters to legal professionals, meeting them right where they are to inspire a well-way of life. Pathways Experiences are expertly curated vacations based on your wellness intentions where trained experts guide you in [wellness pillars](#) of Health & Performance, Nutrition & Food, Fitness & Movement, Mind & Spirit, and Spa activities and consultations to re-set, re-balance, and re-spark creativity. (Blackout dates: 12-23-2022 to 1-3-2023.)

### 2 FITBIT TRACKER

A [Fitbit Charge](#) fitness tracker to boost your motivation to get and stay healthy.

### 3 COOL SUNGLASSES

[Ray-Ban sunglasses](#) to encourage you to reap the many well-being benefits of being outside (while also looking cool).

### 4 A SPA VISIT

A \$100 [Spa Finder](#) gift card that can be used at many spas across the U.S.

### 5 HELLO FRESH

A \$90 gift certificate to try out [this popular](#) healthy food preparation service.



[REGISTER HERE](#)