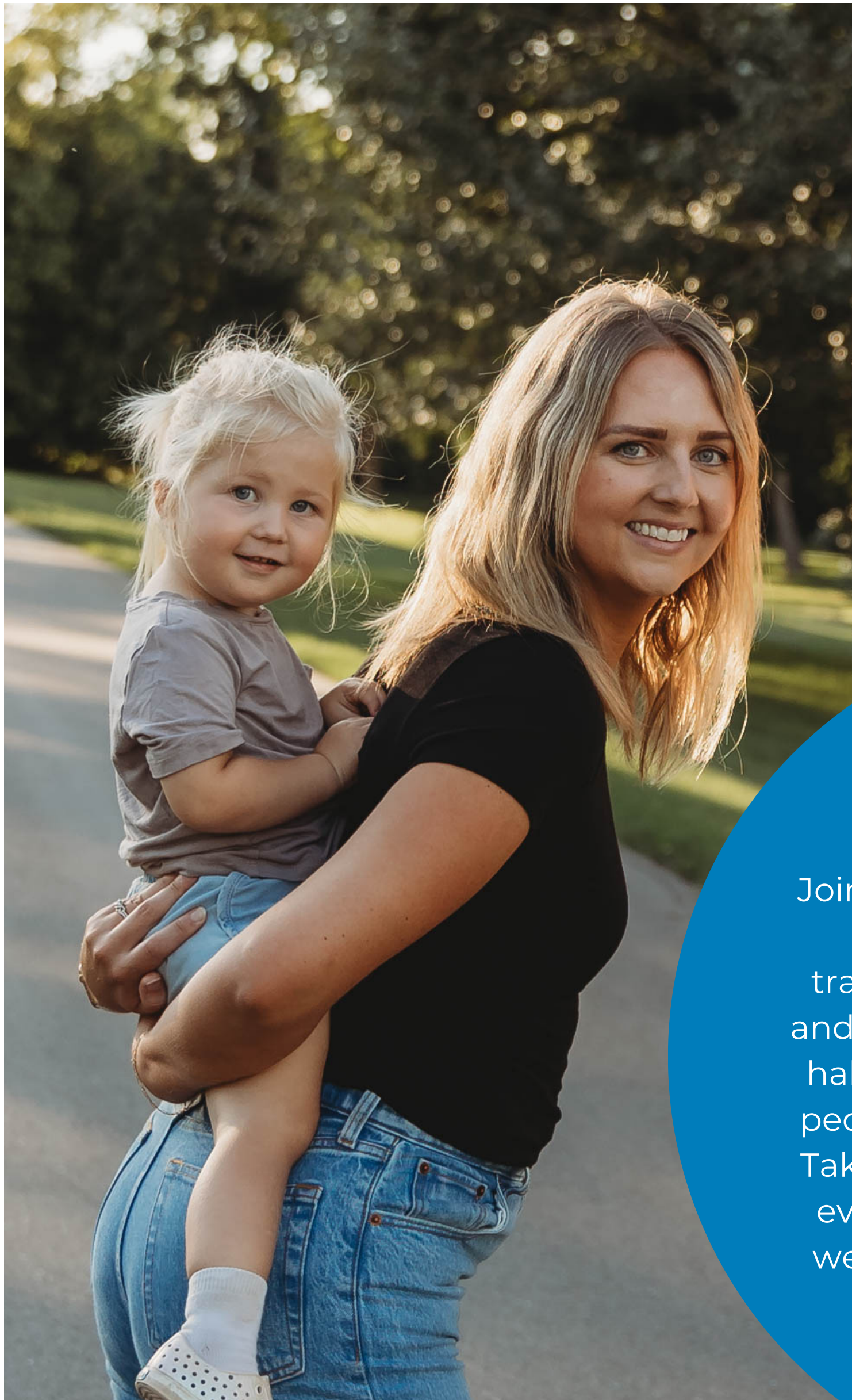


Health Trip

takes on the Blue Zones Challenge



Discover a happier,
healthier you in 8 weeks!

Overview

Join the Blue Zones Challenge with Health Trip! Are you ready to transform your life and live longer and better? By learning the Power 9 habits of the world's longest-living people, you can achieve your goals. Take part in weekly challenges and events, and you'll be entered into weekly giveaways as you improve your overall well-being.

Sign up today at the YMCA!



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