

# Summer

## WELLNESS CHALLENGE

DC Government is excited to announce a partnership with SoHookd, an innovative wellness provider, to offer you On-Demand Wellness Webinars that you can watch on your own time at your own convenience.

## SUMMER SELF-CARE SERIES

Earn rewards while enhancing your well-being! Watch each **On-Demand Webinar** for a chance to win a \$50 Wellness Marketplace Gift Card. Watch all 6 webinars to earn up to \$300 worth of gift cards and qualify for the grand prize of a \$100 gift card that you can only use in the SoHookd Wellness Marketplace. Join us for a healthier you and exciting rewards!

JUNE  
SELF-CARE FOR  
BUSY PEOPLE

JULY  
SKIN SENSE

AUGUST  
MOVEMENT  
101

JUNE  
TRANSFORMING  
RITUALS INTO  
SELF-CARE

JULY  
HYDRATE YOUR  
CELLS, ENERGIZE  
YOUR BODY

AUGUST  
SOUL HEALING  
MEDITATION

\*Webinars will be posted on the first of each month.

\*Winners will be chosen at the end of each month.

## READY TO TAKE THE CHALLENGE?

LEARN MORE DETAILS AT  
[DCHR.DC.GOV](https://dchr.dc.gov)

SOHOOKD

United  
Healthcare

dchr

WE ARE  
SUMMER  
GOVERNMENT OF THE  
DISTRICT OF COLUMBIA  
DC MURIEL BOWSER, MAYOR

# Summer

## WELLNESS CHALLENGE

### THE CHANCE TO EARN REWARDS

- ★ For each webinar, 25 employees will be randomly selected to receive a \$50 SoHookd Wellness Marketplace Gift Card.
- ★ In addition, there will be a Grand Prize raffle for any employees who view the entire series (all 6 webinars). 25 employees who meet this criteria will be randomly chosen to win a \$100 SoHookd Wellness Marketplace Gift Card. [Check out SoHookd Wellness Marketplace.](#)
- ★ Winners will be chosen at the end of each month. Viewers who are chosen for a reward are still eligible to win for other webinars viewed.
- ★ Across all the raffles, an individual employee could earn up to \$400 in gift cards for watching all 6 webinars over the course of the summer!

**Learn, Earn, and Shine This Summer.  
Take the Wellness Challenge!**

[WATCH  
WEBINARS](#)

SOHOOKD

 United  
Healthcare

dchr

 GOVERNMENT OF THE  
DISTRICT OF COLUMBIA  
DC MURIEL BOWSER, MAYOR