Ready for a HEALTHY CHALLENGE?

Join fellow nurses for monthly #healthynurse challenges that focus on the six core elements for a healthy you:

- Activity
- Rest
- Nutrition
- Quality of Life
- Safety
- Mental Health

Register at hnhn.org/challenges

BEGIN WITH THE “HEALTHY HOLIDAYS” CHALLENGE, POWERED BY MORRISON HEALTHCARE, A DIVISION OF COMPASS ONE HEALTHCARE. SIGN UP TODAY! THE CHALLENGE STARTS NOVEMBER 8.