

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



HEALTHY NURSE
HEALTHY NATION

leading the way to better 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.