

2025



Health PEI
EMPLOYEE WELLNESS TEAM

STEP CHALLENGE

JUNE 2-30, 2025

To meet your step goals and improve your health, consider activities like walking, running, biking, or any exercise you enjoy. Remember, every step contributes to your well-being!

You have the flexibility to enter steps weekly or for the month to

hpeiemployeewellness@ihis.org Get your steps in by July 3rd, 2025 to have a chance to win some prizes.

Have fun and keep stepping towards a healthier you.

For more information contact

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