

2026



Health PEI
OCCUPATIONAL HEALTH, SAFETY & WELLNESS TEAM

STEP CHALLENGE

JUNE 1-29, 2026

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!

To enter the challenge please email hpeiemployeewellness@ihis.org include *name, employee #, and facility/Dept.*

Each week there will be a draw for anyone that submitted steps that week. To be entered into that week's draw email steps *every Monday by 10:00 am.*

Have fun and keep stepping towards a healthier you.

For more information contact hpeiemployeewellness@ihis.org



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