



Welcome to the Tune into You Challenge. The goal of this program is to help you to become in touch with yourself, reduce stress, and enjoy the present moment. Each day you will have a different mindfulness challenge to complete. Feel free to replace the activity if you would prefer to do something else! Each week will also explore a new type of meditation. Here is a great resource on how to practice an effective body scan meditation: [Beginner's Body Scan Meditation - Mindful](#).

Join us for a 4-week challenge starting April 1st and ending April 29, where you will be provided with weekly resources and a daily tracker to help you in your quest to tune into YOU!

[How to Win](#)

At the end of the challenge, please turn in a completed tracker with your name and contact number to hcwellness@tompkins-co.org to be entered in to win!

If you have any questions along the way, please reach out to hcwellness@tompkins-co.org.