

Cultivate a  
brighter outlook  
through habits  
of gratitude  
with the  
Give Thanks  
Challenge.

JOIN THE CHALLENGE >>  
APRIL 1- JUNE 30

Track your progress for 21 days  
by answering the daily question  
and improve not only your sense  
of gratitude, but your overall  
wellbeing.



1. Register or log in at [bzpmendocinocounty.sharecare.com](https://bzpmendocinocounty.sharecare.com)
2. Find the Challenges under the Achieve
3. Join an Active or Upcoming Blue Zones Project challenge



BLUE ZONES PROJECT