

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**
2. Find the Challenges under the Achieve
3. Join an Active or Upcoming Blue Zones Project challenge



BLUE ZONES PROJECT