

# HEALTH & WELLNESS CHALLENGE



Independent Health.

Getting **healthy** can get you in the game.



## MONDAY, APRIL 25 — SUNDAY, JUNE 5

The Independent Health and Buffalo Bills Health & Wellness Challenge is back!

**Create your account** anytime and get ready to experience a brand-new Challenge, now hosted by Wellable. With more ways to get healthy and earn points, and new prizes up for grabs, this is one you don't want to miss!

### HERE'S WHAT'S UP FOR GRABS THIS SPRING:

#### PRIZES

- Signed Bills items
- Air fryers
- Juicers
- Fitness trackers
- Wireless headphones
- Gift cards

#### GRAND PRIZE:

Four tickets to a Bills game with parking, prize packs from the Bills and Independent Health, a \$1,000 Visa gift card, and more!



#### Join Us for Monday Night Fitness!

As a participant in the Health & Wellness Challenge, you're invited to join us for a FREE fitness class led by YMCA certified instructors! Boot camp will be held at 6 p.m. inside the ADPRO Sports Training Center on April 25, May 2 and May 9. This is a great way to get fit and earn points in the Challenge!

**JOIN NOW! VISIT**  
**BUFFALOBILLS.COM/THECHALLENGE**



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Official Health and Wellness Partner

Guidelines: The number of points you earn throughout the Challenge will determine the number of entries you have in the drawing. Participants must be at least 18 years old to win. You do not need to be an Independent Health member to participate. Visit the website for official rules.

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