

## May 2022 Updates

- **Webinar Link!** – Did you miss the recent webinar on Core Strengthening to Reduce Low Back pain? Watch it here: [https://youtu.be/eR8\\_geQmEio](https://youtu.be/eR8_geQmEio)
- **Brain Break Bingo Challenge!** – During Screen Free Week (May 2-8), Goshen Health is sponsoring a NEW challenge to encourage families to take a break from screens and recharge! ActiveTrac members that submit a playing card will receive 25 bonus miles toward rewards! Start playing Brain Break Bingo [here](#). Want more ideas on how to successfully ditch your devices and get more active with your family? Check out our latest [blog](#).
- **Monthly Winner!** – Congratulations to Brittany, our May winner! Each month, one person is randomly selected to win a special prize just for logging miles during that month. You could be our next winner!
- **Retreat at the Gardens!** – A free event for women at Wellfield Botanical Gardens. Featuring lectures on women’s health topics by Goshen Health experts, crafts, gifts, food, a coffee bar and local female artisans. [Registration](#) required.
- **ActiveTrac Help!** – Have questions about logging activity, rewards or getting started? Lose your QR code? Click [here](#) for help or give us a call!
- **Fun Facts!** – To date, participants have logged a total of **3,440** miles! 😊

*Keep Up the  
Good Work!*

Can we help?

Email us: [CommunityEngagement@GoshenHealth.com](mailto:CommunityEngagement@GoshenHealth.com)

Call us: (574) 364-2496



Goshen Health