

IT'S TIME...

CAW  TCA
CANADA

MANUFACTURING
A BETTER

BODY



\$5,000 in prizes to be won!

HERE'S HOW TO WIN



GET READY TO OPEN YOUR TOOLBOX AND BUILD A BETTER BODY!

This is your year to nail down
your health goals and make
your well-being a priority.



GREAT NEWS participation is FREE!

Here's your blueprint for success:

JANUARY CAW Website Contest

FEBRUARY Breaking Bad Habits Survey

APRIL Hammer Home Fitness Challenge

MAY Plug In and Power Up Fitness Program

Windsor Retiree Health Fair

SEPTEMBER Socket to Your Waistline Program

Build a Better Heart Screening

OCTOBER Build a Better Heart Screening

NOVEMBER Mystery Event to be Determined

Make a winning decision and visit...

www.caw.wellness.bwell.com

FREE WATER BOTTLES... Just for staying connected!

We are giving away **FREE** stainless steel
water bottles to **THE FIRST 500 PEOPLE** who
sign up to Stay Connected. The CAW wants to keep
you informed about upcoming wellness programs
by sending out personal email invitations.

Simply log on to the CAW Wellness website
www.caw.wellness.bwell.com and click on the
STAY CONNECTED button on the main page.



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