

Indulge in 21 Days of Self-Care



If there's one thing 2020 has taught us, it's the importance of taking care of ourselves. This Challenge Series is dedicated to 21 days of indulging in self-love and care through mindful actions and choices.

How will you change your outlook for the better? What will a new perspective bring? There's only one way to find out. Register today!

Join today, commit to the Challenge, and maybe even change your life in the process.

AMAZING PRIZES TO BE WON!

- A Fitbit Versa Smartwatch
- Sports Towels
- Resistance bands
- Shopping Bags
- Spa Day Vouchers for the Top 4!



STARTS 20 APRIL 2020

Join the Challenge

Register at <https://nmcfund-challenges.com/21-day-self-care-challenge-registration/>
Join the Facebook group at <https://www.facebook.com/groups/NMCFundChallenges/>

21-DAY  **SELF-CARE**
CHALLENGE-FREE


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