



# 5210 - Let's Go!

## February 2024

Benton, Lincoln & Linn County, OR

## Join Your Community in the 5210 Challenge

Start the journey towards a healthier you in the New Year! Join our 5210 health and wellness challenge and kickstart positive habits that will elevate your physical and mental well-being. Commit to just one month of mindful choices to make 2024 your healthiest year yet!

Did we also mention that there are prizes?!

### **SIGN UP NOW!**

Visit the URL or scan the QR code to sign up  
[cccwn.org/5210-register](https://cccwn.org/5210-register)

#### Goals to strive for:

- 5** Five servings of fruits and veggies daily
- 2** Two hours or less of leisure screen time
- 1** One hour of physical activity daily
- 0** Zero sugar sweetened beverages... and more water!

Create a team with your family, friends, or coworkers and start the challenge on



February 1st. You can also participate as an individual.



Samaritan  
Health Services

