



The Waterbury Regional Chamber is excited to announce its joining of the **2021 Chamber Wellness Challenge** sponsored by Blue Back Health.

The challenge focuses on building healthy habits while supporting our community from May 1st to July 31st. Throughout the 3-month challenge chambers across Connecticut will compete in a walking challenge to see which membership has the highest average steps.

In addition to stepping this spring, other wellbeing challenges are available for participants to improve multiple aspects of their wellbeing, especially important after the year we've had.

This challenge is a valuable benefit for our chamber and for each of your employees. **Think of it like a short employee wellness program.** Best of all, once one of your employees join, he or she will have the option to invite family or household members to the challenge under their membership.

We encourage you to view the information and consider signing up your employees as an added employee benefit, or promoting your employees to register directly.

If choosing the **Employer Sponsored Option**, please compile an Excel listing of employees including the following information:

First Name

Last Name

Email

This mass registration will be handled offline by Blue Back Health, and your company will be invoiced for your employee population. Email this Excel listing to cconroy@bluebackhealth.com with copy to ethompson@bluebackhealth.com if you are taking this route.

In partnership with

