

## 2020 MONTHLY CHALLENGES

VISIT [HNNH.ORG/CHALLENGES](https://hnhn.org/challenges) FOR MORE INFO



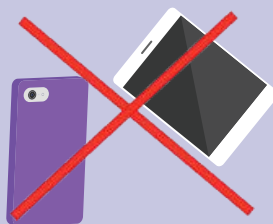
### JANUARY

Stress Less



### FEBRUARY

Screen Time Detox



### MARCH

Healthy Recipe Toolbox



### APRIL

Get Your Gratitude On



### MAY

Physical Activity

POWERED BY SUPPORT FROM  
**Humana.**



### JUNE

#EndNurseAbuse



### JULY

Physical Activity

POWERED BY SUPPORT FROM  
**Humana.**



### AUGUST

Hydration



### SEPTEMBER

Healthy Student Nurse



### OCTOBER

Move More Now

POWERED BY SUPPORT FROM  
**Humana.**



### NOVEMBER

Diabetes Awareness



POWERED BY SUPPORT FROM  
**compass healthcare** **one**

### DECEMBER

Super Sleeper

