



## Challenge

September 5-28

Soup! This one pot meal can provide warmth *and* heaps of nutrition. Enjoy recipes and ideas to comfort and nourish the whole chilly season long.

### Schedule

Week 1: 'Tis the Season for Soup

Week 2: Slow Cooker for the Busy Life

Week 3: Freezer Friendly

Week 4: Soup for the Soul

Sign up using the link below or at [pehp.org](http://pehp.org)

**REGISTER TODAY**

Sign up early to receive all the weekly emails.

**You could win an Amazon gift card!\***

\*URS employees not eligible

*Wellness challenges are email-based, self-paced educational programs that focus on areas of well being. Often used to jump-start personal goals, challenges can help you take charge of your health.*