



November 16, 2023

## Unwrap the Gift of Health with the Holiday Holdout Challenge

Reward yourself for self-care this holiday season and practice building healthy habits like improving sleep, creating healthy boundaries, and taking time for those who matter in your life.

**Register Now!**

Join others on the State of Montana Benefit Plan to choose and record your own "holiday holdouts." Not only will you have a healthier, more cheerful season, but you'll also be entered to win great prizes! Registration is open now! The Challenge begins from November 20 and runs until December 15, 2023.

**Sign up now! More information available at**

**[benefits.mt.gov/HolidayChallenge](https://benefits.mt.gov/HolidayChallenge)**.

