

SOAK SWEAT SWIM 30

We challenge you to better health.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30



HOW IT WORKS:

1. Starting 1/15/24 mark days you soak, sweat or swim.
2. Check-in on **Facebook** or post to **Instagram** using **#soaksweatswim30**.
3. Turn your challenge into **The Waterworks** by 2/15 to Win Wellness Prizes.



SCAN ME

Name: _____ Phone: _____

www.AlaskaSpa.com

 **THE Waterworks**
SPA. SAUNA. SWIM.
907-563-3848

