SRPMIC WELLPATH
CENTERED ON HEALTHY LIVING

WellPath's 30-DAY

12 DAYS OF CHRISTMAS CHALLENGE



WellPath's 30-day, 12 Days of CHRISTmas Challenge has you building a 15-minute exercise routine, over 12 days, and then doing that routine at least 5 times/week for the remainder of December

Begins
DEC 1
2026

REGISTER TODAY

Visit the 12 Days of Christmas home page to learn more.

UP FOR THE CHALLENGE?



www.srpmic-nsn.gov/WellPath Wellness@SRPMIC-nsn.gov