BWELL+ WORKWELL
CHAMBER CHALLENGE

- **Join colleagues throughout Saginaw County as we work to become one of Michigan's Top 25 healthiest communities!**
- **Promote wellness and team spirit at your workplace!**
- **Engage in one of our community's most festive and high-energy wellness events!**

Participate in the BWell Saginaw Strides Toward Wellness Race Series by teaming up for the BWell + WorkWell Chamber Challenge!

BWell Saginaw Strides Toward Wellness 5K Race/Walk
Saturday, September 27, 2025

• Start and finish line at the Saginaw YMCA • Course travels through the Saginaw Children's Zoo and past several iconic Saginaw scenes

Why:
The health and wellness of your workforce directly impacts productivity and healthcare costs. In addition to supporting health, competing in a chamber challenge as a team is great for morale and community engagement. **As a bonus, just for registering your team, you'll get $5 off per participant.**

How:
Follow these simple steps to sign up for the challenge.

1: Identify a BWell + WorkWell champion for your organization.
2: Create a team of two or more participants.
3: Ask your champion to contact race coordinator Christina Vasquez at bwell@saginawcounty.com or call (989) 758-3803.
4: Christina will provide your champion with a registration code for your participants when they register. Companies can sponsor employee race entries either by covering the full registration cost or receiving a corporate wellness discount for group sign-ups.
5: Optional: Register for a FREE 8-week Saginaw YMCA BReady race training program at saginawymca.org/b-ready-race-training-2025-race-prep-at-the-ymca-of-saginaw/.

Winning teams in the following categories will be recognized at the Saginaw Chamber October Percolator Breakfast, along with all the bragging rights that come with it:

- ***Most spirited team***
- ***Fastest team***
- ***Largest team as a ratio of total employees***

The whole family can participate. ***The BWell + WorkWell Chamber Challenge is for the 5K race/walk***, but other events include a 10K, Double Challenge for Change (both 10K and 5K) and a 3K Turtles and Hares.

It's time to BWell Saginaw.
Start today by registering for the BWell + WorkWell Chamber Challenge!

BWELL Saginaw

SAGINAW COUNTY CHAMBER OF COMMERCE

(989) 758-3803 bwell@saginawcounty.com bwellsaginaw.org