



RHODE ISLAND  
WORLD DIABETES DAY

## 2021 Rhode to Wellness Challenge

Building healthy habits day by day

**October 11, 2021 - November 7, 2021**

Rhode to Wellness 2021 is a 4-week health and wellness challenge designed to support you as you work on 1 to 3 habits to improve your health (in general or specifically to prevent or manage diabetes.) You choose the areas you most need to work on. Suggested topic areas include healthy eating, becoming more active, coping with stress, and managing your health care. The Rhode to Wellness 2021 Challenge is open to anyone in the Rhode Island area and beyond who would like to make lifestyle changes to improve wellness and quality of life!

**JOIN**

Set a SMART goal and track your progress daily on the challenge calendar. Check off the box each day you practice your habit and see how your habit grows. Receive weekly emails with encouragement and new topics to explore as you change your behavior for good. Access support materials on various wellness activities including exercise and cooking demonstration videos, guided meditation and links to articles and tips. Complete the weekly survey letting us know what you have done to earn points to win prizes.

**DOWNLOAD THE  
CALENDAR TODAY!**



### SAVE THE DATE

**Wednesday, October 6 at 12 p.m.**

Join us for our virtual Kick-Off with special guest, Dr. Judson Brewer, MD, PhD, where you will be inspired to create healthy habits and learn how to set your own **SMART** Goals.

**Sign up today: [bit.ly/RIWDD2021](https://bit.ly/RIWDD2021)**

**Register for the  
Challenge today!**

### Resources

## PRIZES!

While the real reward of the challenge is achieving wellness goals and improving health, we are offering prizes to make the journey even more fun and rewarding! Prize winners will be announced at the **2021 World Diabetes Day Virtual Event** taking place on **Saturday, November 13, 2021, from 9 a.m. to 12 p.m.** Visit [RIWDD.org](https://RIWDD.org) to learn more!

We want to hear from you! Each week of the challenge you will receive a survey from us asking how your week went. For each day or activity you complete, you will earn an entry into the raffle drawing. The more days you meet your habit goal and the more activities you complete, the more chances you have to win!

- Weekly raffle drawing of a \$25 gift card
- Overall prize for completing the Challenge is a raffle drawing of \$100 gift card

**Questions?** Email us at [info@riwdd.org](mailto:info@riwdd.org)