

Test - 20230807_BOB_CHAL_Email_Striding_Connection_Nonenrolled_en_gb -Join the new team challenge: Striding for Connection

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Don't miss your chance to compete.

Sign up for your wellbeing programme so you can join the new team activity challenge today.

Are you ready to start moving? Face off against other teams as you get active and compete for a top spot on the leaderboard.

Enrol in your free wellbeing programme. Then go to **Challenges** to get started.

[Join Now](#)

Registration is open! Here's what you need to know to get started.

Challenge Name:
Striding for Connection

Start Date:
23 October

About the Challenge:
Loneliness isn't just emotional. When we feel disconnected, our risk of anxiety and depression, heart disease, dementia and stroke increases. Social connection is part of the cure – and it's something we can all use more of! In this virtual team challenge, you'll discover how to make and deepen connections in all areas of your life. The more steps we take together, the stronger we become.

Don't miss out! [Join your wellbeing programme today.](#)



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