



Weekly Refresh & Reboot Challenge Starts September 20th

Feeling balanced and connected can be challenging today. But with Grokker, we can pursue wellbeing, together!

Grokker's weekly challenges will take you on a journey to staying active, eating well, sleeping soundly, beating stress, and maintaining social connections – so you feel your best, mind and body!

Enjoy fun workouts, try healthy recipes, and learn how to relax with easy mindfulness and calming sleep practices. And community engagement keep you motivated and feeling connected.

Join us for the fun! The first weekly journey starts on Monday, September 20.

REGISTER FOR CHALLENGE:
grokker.com