

# TŪTŪ'S 25 DAYS OF WELLNESS:

## HOLIDAY HEALTH CHALLENGE

Nov. 24 – Dec. 24 at all Y locations

Open to all Y members & the community!

Register using QR or link below, then pick up an activity card at any Y welcome center or download it from our website, [www.ymcahonolulu.org](http://www.ymcahonolulu.org)

All registered participants will be entered to win weekly prizes!

Complete 12 of the 25 activities during the month of December. Bonus entry for completing all 25 activities!

Turn your completed card into any Y welcome center by Monday, December 29, 2025.

Prizes include gift cards, Bluetooth speakers, massage guns, gift sets, Y swag & more!

Register using the QR code or link:  
<https://bit.ly/489QZ0X>

Post thru 12.29.2025

