

PUT YOUR KITCHEN SKILLS TO THE TEST

Take on Wondr's March Cooking Challenge

It's National Nutrition Month!

To celebrate, join Wondr, a digital weight-loss program that helps you build simple, sustainable habits around nutrition, movement, sleep, stress, and mindset (all with \$0 out-of-pocket costs).

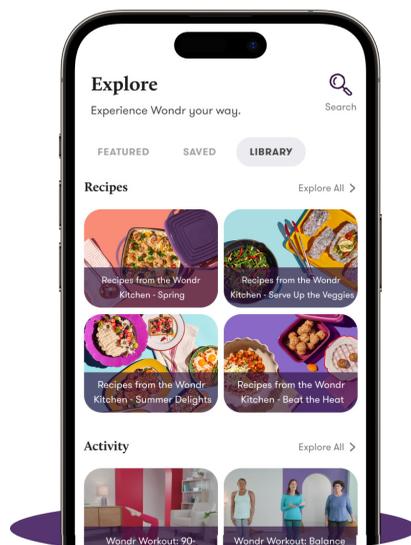
Throughout March, Wondr is kicking off a cooking challenge for every skill level, featuring easy recipes, foundational kitchen skills, and flavorful meals to keep things fresh.

How to join the challenge

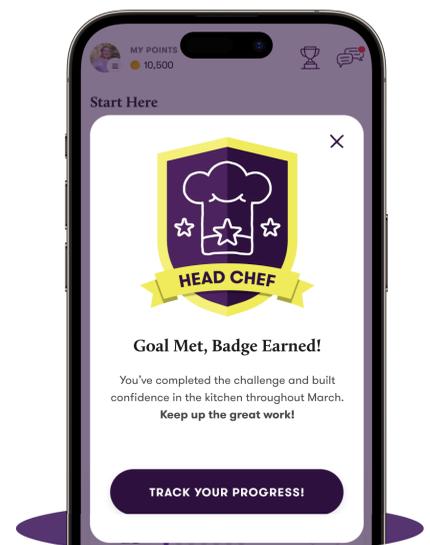
1 Sign up for Wondr now!



2 Try delicious, nutritious meals from the Wondr Kitchen



3 Earn a Prep, Sous or Head Chef badge



Learn more at: wondrhealth.com/healthycounty

Plus, earn a **limited-edition digital cooking lesson with recipes** from celebrity chef **Tre Wilcox!**

