

**Happy New Year!** 2022 is here and Level Up wants you to *Seize the Year!*

The Seize the Year campaign is an opportunity to reflect on the past and plan for the year ahead. Instead of making resolutions that only last for a limited time, make small, attainable goals and stick to them. Your personal wellness goals are a continuous journey, and we want to encourage and motivate you to explore what areas in your life that you need to improve. All year, the Level Up team and your Wellness Champions will design and create content, activities, and challenges that will help you set and meet your goals. We are here to make sure that 2022 is the best year it can be for your health and well-being.

[Level Up's 5 dimensions](#) should serve as a vision board to help you reach your to-do list of wellness. Let this year be a celebration of setting and evaluating your goals and progress. There's no one size fits all to wellness, it's whatever you feel that needs to be restored at this moment in your life.

Level Up is committed to helping you thrive this year by offering weekly webinars that focus on helping you create and maintain personal wellness goals. Our goal is to set you up for success.

## Webinars

*Join Us at Noon on Wednesdays in January!*

Date	Class	Registration Link
January 12	Staying Well in 2022	<a href="#">Sign up now</a>
January 19	Goal Setting Seminar	<a href="#">Sign up now</a>
January 26	Ask the Wellness Coach	<a href="#">Sign up now</a>

## Prizes

*Everything is better with prizes, right?*

Each week, Level Up will raffle off **three items**:

- One Fitbit Ionic
- One Sonicare electric toothbrush
- One Hamilton Beach Big Mouth Plus 2-Speed Juicer



To be entered into the random drawing each week, you must **register and attend** at least one (1) webinar scheduled for that week. Prize winners will be announced during the weekly Wellness Wednesday articles.

We must continue to take care of ourselves in the new year – that's staying healthy and elevating our total well-being!