Dear **[INSERT COMPANY NAME]** Staff,

Welcome to this installment of the People Power Challenge! Over the next 6 weeks we will be focusing on increasing our sustainability knowledge around issues related to **health and wellbeing**!

 **Here is what you can do to get involved:**

1. **Keep an eye out for bi-weekly newsletters**

This newsletter will be the main source of information for all things related to the campaign. It will arrive in your inbox **[insert frequency]** and will contain pictures from participants, details about upcoming events and webinars, information about the United Nations Sustainable Development Goals (UN SDGs), and interesting resources!

1. **Complete different activities for points**

View the **list of activities** you can complete to receive points! This includes activities you can do both at home or at work, and all relate back to the health and wellbeing.  Be sure you snap pictures and send them to **[insert champion name and email]** to earn points!  Each activity is worth points and can be submitted multiple times.   **[attach list of activities individuals can complete for points]**

1. **Attend the Webinar Watch Party!**

We will be coming together on **[insert date and time]**to watch *Magnificent Milkweed: Creating Monarch Friendly Habitat,* a webinar by Toronto and Region Conservation Authority’s Education and Training team that provides an overview on the lifecycle of the Monarch butterfly and how to create a Monarch friendly habitat by planting milkweed in your garden.

Register for the watch party here **[insert link to registration page]**

If you have any questions, contact **[INSERT NAME AND CONTACT EMAIL OF COMPANY REP/CHAMPION]**.

 Thanks,

**[INSERT NAME AND CONTACT EMAIL OF COMPANY REP]**