



PennState Health

BeWell



BeSustainable Challenge

Celebrate Earth Month by joining the BeSustainable Challenge, a free, system-wide challenge open to all Penn State Health employees from April 1–30.

Throughout the month, participants are encouraged to take simple daily actions that support both personal well-being and a healthier planet, such as reducing waste, conserving energy, practicing mindful self-care, or inspiring others to join in. Together, we can strengthen a culture of well-being and shared responsibility across Penn State Health.

Participants will receive a weekly BeWell email with ideas, tips, and a link to log activities throughout the challenge.

Registration closes at 11:59 p.m.
on Friday, March 27th.

Visit the [BeWell website](#) to learn more.



Register Here