

# You're invited to take THE HABIT CHANGE CHALLENGE!

Habits are powerful ...  
so, how about some new ones?



**Program kick-off on Monday, September 27, 2021**

Forming just one positive new habit can make HUGE changes in your life!

Join author, training specialist, strategic coach Jerry Posner, for a fun, practical and transformative 8-week program. Make this year, the year you swap outdated habits for some splendid new ones! However small or grand! You will keep track of your progress through short written assignments, quizzes and MIIAWinners email reminders. Participants may choose from a selection of rewards\* after completion of the program.

## Program Highlights:

- An 8 week program of video webinars presented by Jerry Posner
- Learn ways to identify counterproductive habits
- Acquire tools and strategies to develop productive habits
- Learn about the "Habit Loop" and how to notice your habit triggers
- Opportunities for FREE personal coaching available to MIIA/BCBS subscribers

**Register today at [MIIAWinners.org](https://www.MIIAWinners.org)**

See page 2 for complete registration instructions

This is a **FREE PROGRAM**

open to all employees in MIIA Health Benefits Trust Member Groups

\* Only MIIA/BCBS members are eligible for rewards

**MIIA**   
**Well Aware**  
Work Well. Live Well.

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## Registration Instructions

1. Go to [www.miiawinners.org](http://www.miiawinners.org)
2. **If you have a MIIA Winners account: Log in first**, then follow instructions to enroll in this new program. If you don't have a MIIA Winners account: Use the "Proceed to Registration" button on the MIIAWinners home page.
3. Enter the Registration Code: **change2021** (case sensitive)
4. Fill out the registration page and submit.
5. Once you have registered, you're done till the program launches.
6. On Monday, September 27, 2021 you'll receive an email to let you know the program has begun!