

# Join the Green Team

Sign up for our e-newsletter today  
to help us **go green** in our use of resources.

## How to Join

Email us at **Deb.Burchardt@wesleymc.com** and write, "**sign me up!**" in the subject line to give us permission to communicate with you through email. When you do, you'll be entered to win valuable weekly prizes like these:

- **\$25 gift card to Johnson's Garden Centers (2)**
- **\$10 gift card to The Spice Merchant (10)**
- **Free, 30-minute massage at Health Strategies (2)**
- **Green Team T-shirt (20)**

You'll also receive regular emails with tips to **Go Green for Health** and invitations to monthly **Green Team** educational activities like these:

- **Healthy gardening** (*how to bend, lift and carry without injuring yourself*)
- **Healthy walking** (*with tips for safely walking your pet*)
- **How to choose and buy organic foods**
- **Chef's demonstrations**
- **Green housekeeping**

You'll get so much good advice when you sign up, your friends will be **green** with envy!

