



Reset & Recharge Summer Challenge

July 13 to August 7, 2026

Manage stress with self-care practices that support personal growth and overall well-being.

- Earn points by completing activities that reduce stress, support personal growth, and promote self-care.
- Explore activities that encourage social interaction, smart financial choices, physical wellness from the inside out, and more!
- Share your journey and get inspired by others throughout the challenge by participating in the ChallengeRunner chat.

Earn \$25 or 6,250 points in wellness rewards.

Register between June 22 and July 14.

www.pinellas.gov/reset-recharge



Pinellas County Wellness Program
wellness@pinellas.gov
(727) 464-3367, option 1



5/22/26