



KSKJLIFE

STEPPING

UP

a better **you**
a better **future**

KICK-OFF JUNE 2019

STEP UP TO THE CHALLENGE TO IMPROVE YOUR DAILY HABITS AND INTRODUCE NEW WAYS TO ENHANCE YOUR LIFE AND YOUR COMMUNITY.

- **Exercise**
- **Plant a garden**
- **Read a book**
- **Volunteer**
- **Update your insurance policy**
- **Reduce-Reuse-Recycle**

Stay tuned for exciting details!

