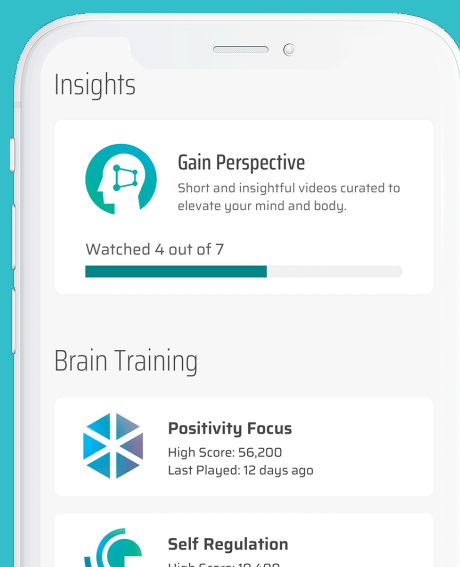


NEW YEAR, NEW YOU CHALLENGE

JANUARY 1 – 31, 2020

CHEERS TO A NEW MINDSET!

Get a fresh start to the year with a clear mind and attainable goals. Use Total Brain to help achieve positive habit change in your daily life. Take the New Year, New You Challenge and get a chance to **win prizes when you earn 2,000 points.**



Get Started Today!

[TOTALBRAIN.COM/OEBB](https://totalbrain.com/oebb)

HERE'S HOW THE CHALLENGE WORKS:

1. Earn 2,000 Brain Points by doing any of the following activities:
 - a. **Take the assessment** to learn about your brain strengths and opportunities
 - b. **Train** using the cognitive exercises, breathing and meditation practices
 - c. **Watch insightful videos** and learn more about the science on how your brain works
2. Get entered into a raffle to win prizes