



## RHODE ISLAND WORLD DIABETES DAY

### RHODE TO WELLNESS 2020:

Embracing hope, strength, and resilience day by day

#### WHAT

Rhode to Wellness 2020 is an 8-week health and wellness challenge.

Each weekday, we invite you to try out a new healthy activity. We will provide examples and resources to help you be successful in completing the challenge. Each day is dedicated to one category of wellness.

- **MONDAYS** are “Healthy Eating Mondays” focused on food and nutrition.
- **TUESDAYS** are “Healthy Mind Tuesdays” focused on happiness and stressing less.
- **WEDNESDAYS** are “Healthy Movement Wednesdays” focused on exercise and staying active.
- **THURSDAYS** are “Healthy Self Thursdays” focused on physical health and doctor visits.
- **FRIDAYS** are “Healthy Conversations with Pros Fridays” where you will hear from a professional such as a community health worker, lifestyle coach, or dietitian and get to ask them questions.

#### WHEN

Rhode to Wellness 2020 begins on Monday, September 14 and ends on Friday, November 6.

This leads up to the virtual Rhode Island World Diabetes Day (WDD) event on November 14.

#### HOW

Rhode to Wellness 2020 is being run via Facebook Groups. You need a Facebook account to join. If you don't have one, it is free and easy to sign up. See page 2 for instructions on how to create a Facebook account.

Join the Facebook Group Rhode to Wellness 2020 Challenge. See page 2 for instructions on how to join the Facebook Group for the challenge.

We invite you to participate as much or as little as possible. You don't need to complete every activity, but we encourage you to try as many new healthy activities as possible. While some activities are hosted live, you can complete most of the activities at your own pace and timing.

#### PRIZES

Yes, we have prizes! For every activity you complete, you earn 1 point. You will be entered into a raffle to win the following prizes based on how many points you earn.

1-10 Points: \$25 gift card

11-20 Points: \$50 gift card

21-30 Points: \$75 gift card

31-40 Points: \$100 gift card

Sign up as soon as you can! The first 50 people to sign up will receive a gift bag!

#### QUESTIONS

Message us on Facebook or via email at [info@riwdd.org](mailto:info@riwdd.org).



## RHODE ISLAND WORLD DIABETES DAY

### HOW TO USE FACEBOOK GROUPS:

You must have a Facebook account to join and interact with the group. Luckily, signing up for Facebook is easy and free.

#### TO CREATE A FACEBOOK ACCOUNT:

1. Go to [www.facebook.com](http://www.facebook.com).
2. Enter your name and requested information and click “sign up.”
3. You’ll be asked to verify your account by confirming your email address or phone number.

#### JOINING THE RHODE TO WELLNESS 2020 FACEBOOK GROUP:

Go to [www.facebook.com](http://www.facebook.com) or download the mobile app

- Download the mobile app through your device’s app store, such as: iTunes App Store, Google Play Store, and Windows Store.
- Make sure you’re logged into your Facebook account.
- Search “Rhode to Wellness 2020 Challenge” in the search bar OR click this [link](#) to go directly to the Rhode to Wellness 2020 Facebook Group.

#### USING THE FACEBOOK GROUP:

At the top of the Facebook page, underneath the cover photo, you will see the following tabs:

##### ABOUT

Click the about section to see more information about the group and its purpose.

##### DISCUSSION

Here is where you will see articles, tips, recipes, and other things that group members post. On the bar that says “What’s on your mind,” you can type your own post and even include pictures or videos. We encourage members to actively participate in this group by sharing their goals, achievements, recipes, etc. Keep in mind that we do have moderators who will need to approve every post. Please see the community guidelines to make sure that your post abides by our group rules. Make sure to check the Discussion section of the group regularly for interesting content and updates!

##### UNITS

This is where the main challenge content lives. Each “unit” is one week of the 8-week challenge. Here you will be able to check off each activity that you have completed and see your overall progress. Click “done” under each activity once you have completed it. On the left-hand side of the screen, you will see a green check mark next to every activity that you have completed.

##### FILES

Every file that is posted in the group will show up under this tab. If you are looking for something specific like a resource sheet, a recipe, etc. you can find those documents here.

We hope you enjoy the challenge!

#### QUESTIONS

Message us on Facebook or via email at [info@riwdd.org](mailto:info@riwdd.org).