

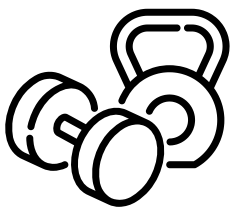


THE SHIFT

NOVEMBER 1-30, 2026

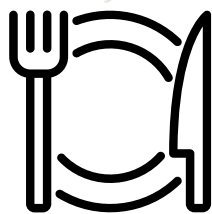
DEVENS WELLNESS CHALLENGE

AS THE SEASONS SHIFT, SO DO OUR ROUTINES.
MAKE HEALTH AND WELLNESS A PRIORITY.



MOVEMENT

STAY ACTIVE AS
THE WEATHER
GETS COLDER



NUTRITION

BUILD HEALTHY
EATING HABITS AS
ROUTINES CHANGE



MENTAL WELLNESS

MANAGE STRESS
AND PRIORITIZE
YOUR WELL-BEING

- WEEKLY CHALLENGES
- PERSONAL GOALS
- COMMUNITY SUPPORT

JOIN THE
GROUPME
COMMUNITY
HERE!



FREE TO JOIN - ALL FITNESS LEVELS - JOIN ANYTIME

DEVENS FITNESS FACILITY

FITNESS FACILITY MANAGER

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COLDER DAYS,
STRONGER HABITS