

# WHAT IS YOUR WORK OF ART?

Online Challenge starts  
March 1st!  
Register today!



The County of Sacramento Employee Wellness Program is excited to announce a new program called Work of Art, designed to help you learn skills that boost happiness and emotional well-being.

In this 8-week program, your goal is to “paint” one virtual picture each week. You get to choose the pictures to paint and the activities to complete. The activities and habits in the challenge will focus on enhancing mindfulness, sharing gratitude, increasing optimism, and strengthening connections.

You can participate as an individual or with a team of 4 (only teams of 4 are accepted).

All County of Sacramento employees and their household members (18+) are eligible to participate.

## Important Dates:

Registration dates: February 15 - March 16

Challenge dates: March 1 - April 25

## Register Here:

<https://countyofsacramento.MyWorkofArt.com>

The question is: Which pictures will you choose to paint?



Sacramento County



Commit to be Fit  
Employee Wellness Program



# WORK OF ART PRIZES!

## Prizes for Work of Art Challenge:

All participants are eligible for drawings, including County of Sacramento employees and their household members who are 18 years or older.

| Incentive Category  | Action Required by Participant   | Awards  |
|---|--|---|
| <b>Early Registration Drawing</b><br>(20 winners)         | Register by February 26  | \$25 e-gift card<br>sent to participant's email         |
| <b>Weekly Drawing</b><br>(5 winners per week for 8 weeks) | Earn 100 points in the week<br>(Paint a virtual picture)   | \$25 e-gift card<br>sent to participant's email         |
| <b>Mid-point Drawing</b><br>(10 winners)                  | Earn 300 points by March 28<br>(Paint a virtual picture)   | \$25 e-gift card<br>sent to participant's email         |
| <b>Team Drawing</b><br>(3 teams of 4 participants)        | Team accrues 2,500 points or more  | \$50 e-gift card<br>(Each team member wins e-gift card) |
| <b>Individual Participation Drawing</b><br>(20 winners)   | Earn 600 points to successfully<br>complete the challenge  | \$50 e-gift card<br>sent to participant's email         |
| <b>Grand Prize – Top 10 Paintings</b><br>(10 winners)     | Participants who have virtual paintings<br>with the Top 10 most likes will win the<br>Grand Prize! (drawing if there is a tie) | \$75 e-gift card<br>sent to participant's email         |
| <b>Complete the Evaluation</b><br>(10 winners)            | Complete the evaluation at the<br>end of the program   | \$25 e-gift card<br>sent to participant's email         |

**122 prizes total!\***

\*Gift cards are taxable by the IRS as employee income.

Please note: If you agree to have your picture displayed in the Gallery, then your picture can receive likes and comments and be viewed by other challenge participants. Voting for favorite pictures can only be done by the challenge participants.

The virtual paintings in the Gallery may be shared with County employees after the challenge is over to highlight the challenge and employees' accomplishments. By sharing the painting to the gallery, you are also granting access to share the virtual pictures with the County after the challenge is over.

If you do not want to share your picture(s), you can keep them in your studio and not share it in the Gallery. You will not be eligible for the Grand Prize though, but you will be eligible for the other prize drawings.

## Questions about the Work of Art Challenge?

Contact Terrie Beck in the Benefits Office at [BeckT@saccounty.net](mailto:BeckT@saccounty.net)

The Work of Art Challenge is sponsored by the County of Sacramento Commit to be Fit Employee Wellness Program.



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