**ReNew Year Instagram Post**

***Suggested post date:*** *November 18th – December 4th*



**Caption:**

Are you ready to feel refreshed, renewed and rebooted for the New Year? Join the **ReNew Year Challenge**: a 15 day mind-body challenge to help you reflect on lessons learned and achievements of 2020, get grounded into the present through mindfulness, and look ahead to the New Year with ease, positivity, and opportunities for growth.

The challenge runs December 7th - December 21st. Register at on.nyc.gov/renewyear