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Welcome to 2014

We hope everyone had an amazing holiday filled with family, friends and good memories.

2014 is set to be a big year and we have lots in store for our Nevdon followers.

Keep reading to see how you can get connected with Nevdon as we help you to better health!

Join us for the Nevdon February Challenge!

February is a great month. Short and sweet, it is filled with summer warmth and the motivation of a new year.

So why not make the most of it! Join us in the Nevdon February Challenge!

How to join the Nevdon February Challenge:

1. Set your own daily goal. Make it as easy or challenging as you like, concentrating on an area of health or bad habit that you would like to improve or change.
2. Write your personal challenge on your downloadable Nevdon February Challenge Calendar. ([Click here to download and save](#))
3. Put your Nevdon February Challenge Calendar in a visible place, where you can look at it and mark it off each day of February. (The fridge is a great place!)
4. Start your challenge! On the 1st of February and each day following, complete your daily goal and, once complete, mark it off on your calendar.

Goal ideas

- Forget to hydrate? Set your goal to drink 2 litres of water a day.
- Need to get active? Your goal should be to get in 20-30 minutes of exercise a day
- Keep forgetting to take your Nevdon remedies? Make your remedies a priority.
- Want to improve your mood, energy levels and general wellbeing? Set your goals to remove chocolates and sweet foods from you diet.

Get creative. There are so many little things you can do to improve your wellbeing, and as it usually takes 30 days to create a habit, this challenge will set you on good stead to getting started.

Follow the [Nevdon Facebook Page](#) for motivation and encouragement on your Challenge, and the chance to get yourself in the draw for an Awesome Nevdon Prize Pack. (See details below for more).

Win an AWESOME Nevdon Prize Pack (valued at \$283)



The Prize Pack includes:

1. 1 x Super G + A - E Nevdon Remedy
2. 1 x Un Loc - E Nevdon Remedy
3. 1 x LHC - E Nevdon Remedy
4. 1 x Healing Cream
5. 1 x Nevdon Cap
6. 1 x Nevdon Product Guide

And will be shipped to you on us too!

For a chance to get your hands on this awesome Prize Pack:

1. 'Like' the [Nevdon Facebook Page](#)
2. Watch out for our status updates between 1st February 2014 and 1st March 2014. We will be posting several different status updates through the month with instructions on how to get yourself in the draw.

The more instructions you follow, the more entries you will get.

Make sure you don't miss a chance to win!

So that you don't miss a status update with instructions, make sure you have a tick next to the 'Liked' and 'Following' buttons on the Nevdon Facebook page (like the picture below).



Prize Pack T&C's

1. Entries will be collected starting from the 1st February 2014 and ending on the 1st March 2014 at 5pm.
2. Valid entries will be the result of Facebook Members completing any one of the indicated instructional status updates posted on the Nevdon Facebook Page between the entry collection dates.
3. Anyone considered a family member of the directors of Nevdon are not entitled to a chance in the draw.
4. There is only one prize pack to give away.
5. The winner of the Nevdon Prize Pack will be drawn and notified on the 4th of March, and announced on the Nevdon Facebook page.



Want to win this AWESOME Nevdon Prize Pack?

Scroll down to find out how to get yourself in the draw.

Current Special



Mega-Vit-E

When you order two or more 10ml Nevdon Genopathic Remedies on [nevdon.com](#)