A 12-Week Team Wellness Challenge:
January 30th-April 17th

MISSION: POSSIBLE

YOUR MISSION, should you choose to accept it, is to form a team of 4 people to complete a 12-week team wellness challenge. Each week you will be assigned a mission to track one healthy habit and report back on your progress. Good luck.

KICK-OFF:
January 30, 2014
12-1 p.m.
HUB 265

Contact:
Leanna Bowles, MS, PHR
voice: (951)827-1440
e-mail: leanna.bowles@ucr.edu

Julie Chobdee
voice: (951)827-1488
e-mail: julie.chobdee@ucr.edu

Register Online at:
ucrlearning.ucr.edu