September 1 – 30, 2015

Rejuvenate is a 30 day challenge to help you manage life challenges through stress management activities, resources, and events. Identifying stress in your life and decreasing it has proven to increase health, happiness, and well-being. Practice various techniques using a BINGO card to earn rewards.

The challenge is designed for you to complete on your own and does not require attending any classes.

To receive program materials and instructions, please RSVP here.

* Receive a Rejuvenate Calendar
* Complete as many activities on your calendar during the month of September
* Earn rewards for practicing healthy habits!

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