




HEALTHY HOLIDAY CHALLENGE



OCTOBER 25, 2018 - JANUARY 4, 2019



This holiday season we challenge you to incorporate healthy eating, increased physical activity and stress management to help you maintain your weight. Sign up to receive weekly email tips and information.

Voluntary Weigh in at:

Benefits Fair
October 25, 2018
10am – 2pm | HUB 302

Visit the Wellness Table

*To register and self-report your weight,
[please click here.](#)*



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Human
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Workplace Health
and Wellness