

Energize to Be Well



Six-Week Online Challenge

Mon 2/12 to Fri 3/23

This challenge helps you with daily practices to feel energized and engaged:

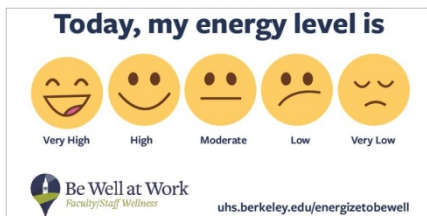
- 6 weeks of themed newsletters with goals, tips, and resources
- Team participation is encouraged for social support and will be recognized throughout the challenge
- Submit weekly progress for a chance to win prizes!

Grand Prize:



While supplies last, participants can receive:

Magnet



Poster



Register:

uhs.berkeley.edu/energize



Be Well at Work
Faculty/Staff Wellness
uhs.berkeley.edu/wellness