



Healthy Holiday Challenge

Nov 9 - Dec 18

6-week Online Lifestyle Program

Give yourself the gift of healthier habits this year with the Healthy Holiday Challenge. This 6-week program supports you with small, healthy steps you build on each week and can keep going through the new year. Join for a healthful, relaxing, balanced, and fun holiday season!

This challenge includes:

- Weekly prizes
- A grand prize package including a Fitbit Charge 3 and a private cooking class with free groceries!
- Weekly newsletters with resources, recipes, and challenges for support and motivation
- Daily wellness postcards
- Virtual events



Register:

uhs.berkeley.edu/healthyholidaychallenge

Registration closes: 11/13