Fold whole sheet in half then fold here. Tape bottoms together and place on desk!

Eaculty/Staff Wellness Be Well at Work

Jease don't tempt me with your sweets!

## CONAT ME OUT! season.

## Many adults gain weight over the holiday





## *Please don't tempt me with your sweets!*



Fold whole sheet in half then fold here. Tape bottoms together and place on desk!