

Walk the World



October 7 – November 1

Walk the World



Be Well at Work
Faculty/Staff Health Programs

4-week partner-based physical activity adventure

Find a partner and join us for a travel-themed walking adventure! Each weekly newsletter will be themed around a different country, motivating you with interesting facts, upcoming events, and more. Track your activity with your partner for the chance to win weekly prizes and a grand prize. You can also track other activities such as bicycling, swimming, and wheelchair use.

Prizes include



Register: uhs.berkeley.edu/wellnesscalendar