

WELLNESS

• NEXT WEEK •



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

WALK IT OFF!



UC ANR Wellness wants you to get in some steps this weekend and join the WALK IT OFF step challenge.

Email the day, time and picture of where you reached 15,000 steps to [Dave Ritz](#) before 11:59pm, Sunday, 11-28-2021 and be placed in a drawing for a \$50.00 gift card or one of six \$25.00 gift cards.

The drawing will be held during the December 2021 Town Hall, 12-16-2021.

[Visit UC ANR Wellness](#)

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