

Calling All Staff, Faculty and Students!

SIX WEEK MOVEMENT
CHALLENGE
STARTING MARCH 31ST

Walk, Dance, Swim, Move More!

GET READY!

1) Make a team of 5 people and pick a captain and team name!

2) Register Your Team

Online by March 31st at:

cwu.edu/hr/wildcat-walk-wellness-challenge

3) MOVE MORE!

PRIZES FOR
WINNING
TEAMS!

For Questions:

STAFF: HR@CWU.EDU - X1202

STUDENTS: SURC 139
(509) 963-3213

WELLNESS@CWU.EDU

