The 12 Days of Wellbeing Challenge

To add to your holiday fun, “WE” (Wellbeing for Employees) is offering a 12 Days of Wellbeing Challenge. All the tasks are fun, easy, and will make the holidays a more enjoyable time for all participants. Prizes are offered for those who register and complete the challenge.

The goal for the 12 Days of Wellbeing is to complete every activity on the wellness calendar. The wellbeing challenges must be completed DECEMBER 1\textsuperscript{st}-12\textsuperscript{th} 2015. Registration and the calendar are on the Wellbeing Website.

Details of the Challenge are listed below:

- Registration must be completed by NOVEMBER 20\textsuperscript{th} 2015.

- Challenge is to be completed DECEMBER 1\textsuperscript{st}-12\textsuperscript{th} 2015.
  (Not After or Before!)

- No more than three activities per day.

- You can pick up a hard copy of the Calendar in the Lund Center at the Information Desk; if you have online access the link is provided below.
  
  https://gustavus.edu/wellbeing/programs.php

- Calendars must be turned in December 14\textsuperscript{th}-16\textsuperscript{th} in the Lund Center next to the Information Desk.

- Participants who register and complete the challenge will receive a Gustavus beach towel.

KEY DATES:

- Gifts can be picked up in Lund Center next to the Information Desk from MONDAY DECEMBER 14\textsuperscript{th} – WEDNESDAY DECEMBER 16\textsuperscript{th}
You must turn in your completed calendar on these days to receive a prize. The pick up times are…
  
  Monday the 14\textsuperscript{th} and Wednesday the 16\textsuperscript{th} from 10:00am-1:00pm and
  Tuesday the 15\textsuperscript{th} from 9:30am- 2:30pm.

If you have any questions regarding the 12 Days of Wellbeing please contact Laurie Kelly at lkelly@gac.edu or x6145
The 12 Days of Wellbeing Challenge
Registration Form

Full Name: _____________________________________________

Email Address: _________________________________________

Office Phone: ____________________________________________

Department: _____________________________________________

Job Title: ________________________________________________

Reminders

• Please return this form by November 20th to Laurie Kelly through the Campus POs

• Hard copies of the calendar are in the Lund Center at the Information Desk.

• Calendars must be turned in at the table next to the Lund Information Desk by DECEMBER 16th. The following are the scheduled pick-up times…

Monday the 14th and Wednesday the 16th are from 10:00am-1:00pm and Tuesday the 15th from 9:30am-2:30pm.

• Check the Wellbeing Website for online registration.
  https://gustavus.edu/wellbeing/programs.php