



Join Us for Some Fun & Fitness in the Sun!

Sponsored by Staff Council

Celebrate our campus-wide *Wellness Challenge Kick-Off* with an afternoon of fun! Connect with your colleagues. Share great food. Play field and court games: Volleyball, Kickball, Bocce, Pickle Ball, and Cornhole!

Where: South Quad

When: Thursday, August 2
11:30 to 2 pm

Bring:

- A potluck dish to share (bring to quad between 11:00 am and 11:15 am)
- Lawn chairs
- Portable Tables (if you have them. Serving tables will be provided. A few tables and chairs will be provided for dining)
- Pop-ups (if you have them)

REVIEW WELLNESS CHALLENGE INFORMATION ATTACHED

Download the app to participate in the Challenge and come do your initial weigh-in at the kick-off event for a chance to win a raffle prize.

For more information contact: janet.korsmo@csuci.edu or 805/437-3163

