Healthy Holiday Challenge 2014
Each achievement enters you into the raffle!
So come on, treat yourself, take care of yourself this holiday season.
More information can be found online, including weigh-in instructions.

✓ Attend “Battling Holiday Stress” by ActiveHealth, Nov 18th
✓ Attend “Healthy Holiday Eating” w/Mariana, Nov 19th
✓ Cheer on our leaders at the RebelWell Trike Race, Dec 1st
✓ Attend “Calm Waters” by ActiveHealth, Dec 2nd
✓ Participate in Holiday Zumba w/Liz Dixon, Dec 15th
  or Holiday Zumba w/Liz Dixon, Dec 17th
✓ Participate in Yoga w/Laura Martin, Dec 18th
✓ Maintain Your Weight Over the Holiday Season

Sign up at http://www.olemiss.edu/hr/rebelwell.html