



**Join Staff Council:
October 15, 2018 at 10:00 am
at the University Stables for the**

Kick Off

**Walks will take place:
Every Tuesday & Thursday at U-Hour
October 15, 2018 - November 19, 2018**

We hope to motivate staff to get up, out and move whether for 15 or 30 minutes during their day.

We are organizing walking and jogging groups, which will lead up to a Staff Council Team at the December 8th, 2018 5K Jingle Bell Run for the Arthritis Foundation.

Contact Sarah Calderon: x4783 or sdcalderon@cpp.edu

