



Explore Hawaii During The YP4H Team Walking Challenge!

YOUR PLAN
FOR HEALTH

Earn up to 5,000 points for participating in the six-week challenge **April 29 - June 9**.

Gather your team of five colleagues and join at join.virginpulse.com/osu

Wellness Week is May 13-17! Increase challenge steps at the Hawaiian themed events below.

LUAU KICKOFF *

Monday, May 13, from 10:30 a.m. to 1:00 p.m.

Location: Rhodes Hall Patio

SNACK PREP DEMO *

Tuesday, May 14, from 11:00 a.m. to 12:30 p.m.

Location: 700 Ackerman Road (first floor lobby/kitchen area)

AMAZING RACE TO WELLNESS

Wednesday, May 15, from 11:00 a.m. to 2:00 p.m.

Location: Lincoln Tower Park

BUCKEYE PATH TO WELLNESS WALK *

Thursday, May 16, from 11:00 a.m. to 1:00 p.m.

Location: Start at a sign near you

5K RUN/WALK FOR FUN

Friday, May 17, from 11:00 a.m. to 1:00 p.m.

Location: Fred Beekman Park Shelter House

** open house events: come and go when you can*

To register for any of the events above, visit yp4h.osu.edu/events/challenges/