



The Fall *Challenge* 2009

Schedule of Events

Wednesday, 9.2.09, 4pm: Introduction & Registration
Connell Conference Room I

Wednesday, 9.9.09, 4pm: WLC Orientation/Team Assignments
Connell Conference Room I

Week 1:	Weigh In - 9.14.09 * Group Session - 9.16.09 ♦	Week 8:	Weigh In – 11.02.09 * Team Challenge – 11.04.09 ○
Week 2:	Weigh In - 9.21.09 * Team Challenge – 9.23.09 ○	Week 9:	Weigh In – 11.09.09 * Group Session – 11.11.09 ♦
Week 3:	Weigh In – 9.28.09 * Group Session – 9.30.09 ♦	Week 10:	Weigh In – 11.16.09 * Team Challenge – 11.18.09 ○
Week 4:	Weigh In – 10.5.09 * Team Challenge – 10.07.09 ○	Week 11:	On Your Own
Week 5:	Weigh In – 10.12.09 * Group Session – 10.14.09 ♦	Week 12:	On Your Own
Week 6:	Weigh In – 10.19.09 * Team Challenge – 10.21.09 ○	Final Weigh In:	12.07.09 *
Week 7:	Weigh In – 10.26.09 * Group Session – 10.28.09 ♦	Awards Luncheon:	12.11.09

* Official Weigh In – Wellness Office, 320 UC; drop-in hours will be announced weekly.

♦ Group Session – Meets at 4pm in the UC Classroom

○ Team Challenge – Meets at 4pm on UC IM Court 3



Employee Wellness

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