



KEEP THIS FLYER

Name: _____

Work Email: _____

Fill out the ticket info to the right and bring us this flyer during any of the following events to be entered to win a \$100 gift card to Dicks Sporting Goods!

PROFESSIONAL PARK WELLNESS WEEK

February 26 - March 1

Join us for a journey to total wellness at UF Health Professional Park's Wellness Week! This week-long celebration will feature:

- Mon**  Meditate in the Zen Room
- Tue**  Meditate in the Zen Room
- Wed**  Build Your Own Trail Mix & Nutrition Education
while supplies last
- Thu**  Embark on a Scavenger Hunt (keep attached game card)
- Fri**  Enjoy an Outdoor Fun Friday

Take time to prioritize self-care, connect with your colleagues, and build a stronger, healthier community of workplace wellness.

Mark your calendars!

