

# Wellness Works

SCC Student



## Wellness Challenge

**Challenge** yourself this quarter with Wellness Works.

During Fall quarter you will need to check off **as many wellness activities as you can** by December 1<sup>st</sup> to earn a SCC coveted Wellness t-shirt.

**Discover** how Wellness Works in your life.

Students can pick up their Wellness Challenge Forms in building 5, Johnson Sports Center, in any of these locations: Office 128, the Fitness Center and the Weight Room.

For further information contact Michele Heuer, Wellness Coordinator at 533-7212 or by email [mheuer@scc.spokane.edu](mailto:mheuer@scc.spokane.edu)

