

MISSION: POSSIBLE 6

10-Week Team Wellness Challenge

Your mission, should you choose to accept it, is to participate in a team of four (4) to complete “confidential” missions. Each week your wellness commanders will send you a video transmission of that week's mission, including briefings on how to successfully accomplish each mission. Your assignments will focus on daily healthy habits such as nutrition, activity and stress management, and can be done on your own or with your team members. The more missions you complete, the better! Visit the MP6 webpage for more information.

MP6 Kickoff

January 13, 2021 | 12:00 – 1:00 p.m.

Program Registration

Visit: MP6 Team Registration

Contact

wellness@ucr.edu



RIVERSIDE

Human Resources
Workplace Health
and Wellness

