



FOOD CHOICES



SLEEP



EXERCISE

JOIN THE NOURISH CHALLENGE

Monday, November 6– Monday, December 18, 2023

This 6-week nutrition program is wrapped in a captivating garden theme growing virtual veggies, fruits, nuts, seeds and grains for logging healthy behaviors. For challenge details visit the [Nourish Challenge Webpage](#).



- A team/individual challenge open to faculty, staff, students, retirees and emeriti.
- Information / training challenge webinars will be provided.
- Registration begins Monday, October 23, 2023 on the [Nourish Challenge Registration Webpage](#).