



Kindness Campaign

Join the Kindness campaign and perform activities to improve your well-being!

4-week campaign: **Sept. 18th- Oct. 16th**

Registration **REQUIRED**

2 raffle prizes for participants at the *end* of the campaign

Weekly activities for participants to perform
No tracking required or proof of activity completion



In-person Tabling Giveaway Events:

Pick up YOUR gratitude journals and other wellness giveaways at

- **Chancellor's Faculty and Staff Picnic** - Tuesday, Sept. 12th from 11:30a-1:00p @ the HUB Dining Patio
- **Community Partner Fair** – Wednesday, Sept. 20th from 10:00a-to 2:00p @ the Rivera Library Lawn
- **Annual Flu Shots** – Tuesday, Sept. 26th & Thursday, Sept. 28th from 11:00a-2:00p @ the Bell Tower North
- **New Faculty and Staff Orientation** – Tuesday, Sept. 26th from 11:00a-1:00p @ the HUB 302 North

Register at:



https://ucriverside.az1.qualtrics.com/jfe/form/SV_2b3h2RzjrVWHG50

