

It's that time again!

HEALTHY HOLIDAY CHALLENGE

November 16, 2020 to January 8, 2021

This program encourages you to incorporate healthy eating, increased physical activity and self care into your daily life during the holiday season.



Participate and receive weekly holiday health tips.
Participate in the optional weigh in/weigh out component and gain no more than 3 pounds to earn a chance at raffle prizes!

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Click [here](#) to register and self-report your weight