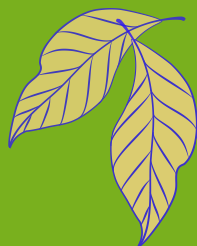


Walktober 2021



WALKING THROUGH IT TOGETHER

The Faculty and Staff Wellness Program and The Well is hosting our first Walktober Step Challenge, and you are invited! The theme for this challenge is: *Walking Through it Together*. We're ready to untap the potential of two of the greatest self-care tools of all time: physical activity and community.

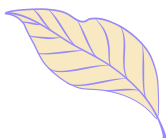


When: October 4 - 31, 2021

What: Count physical activity and/or steps through the [Walker Tracker App or Website](#)

How: Compete to be a top stepper and contribute to the total steps at an affiliation and campus level

To participate, please register at the [Walktober Registration website](#).



For questions, please contact Wellness Program Specialist, Jacqueline Leslie at jacqueline.leslie@ucr.edu