



University System
of Georgia **Benefits**
Centered on You.



Get ready for
the next team
challenge

WALK AND TALK

Walking, Better Together!

Registration opens:

Aug 4

Challenge runs:

Aug 14 - Sep 24

Set a time each day to walk with others – be it a colleague, family member or friend. Step together, bond together and have fun!

(Don't worry, your solo walks count too!)

Sign in today at ourwellbeing.usg.edu to join the challenge.



Scan the QR code to
download the app.

