



# Take the 10-Minute Challenge!

## Take charge of your wellness in just 10 minutes at a time!

This fun two-week program shares practical, effective ways to help you move more, stress less, eat well, and quit tobacco. Follow the tips and score points for each healthy change you make for a chance at prizes.

Score points  
for a chance  
to win prizes.

### Program runs November 1-15

Register by October 31

Visit [wellness.syr.edu/10-minutechallenge](http://wellness.syr.edu/10-minutechallenge)  
for details and to register.

### Stay up to date!

Get information about the latest wellness events and programs. Subscribe to our email list at [wellness.syr.edu](http://wellness.syr.edu).

### Questions?

Email [wellness@syr.edu](mailto:wellness@syr.edu)  
or call **315.443.5472**.