

2018 GOUSF CALENDAR

JANUARY

Kickoff to Wellness

GO START



FEBRUARY

Physical Wellness

GO MOVE



MARCH

Financial Wellness

GO SAVE



APRIL

Environmental Wellness

GO GREEN



MAY

Emotional Wellness

GO WRITE



JUNE

Intellectual Wellness

GO READ



JULY

Social Wellness

GO BOND



AUGUST

Nutritional Wellness

GO NOURISH



SEPTEMBER

Community Wellness

GO VOLUNTEER



OCTOBER

University Wellness

GO DONS
GET FIT



NOVEMBER

Spiritual Wellness

GO RELAX



DECEMBER

Gratitude Wellness

GO APPRECIATE



Visit gousf.usfca.edu for more information.

GO  USF



GoUSF is a nationally recognized, award-winning, holistic wellness program that engages all dimensions of employees' well-being.

WHAT WE OFFER

- Race sponsorship and training
- Go Learn informational seminars
- Meditation and yoga for faculty and staff
- Wellness on Wheels - meeting warm-ups
- University, family and charity events
- Monthly challenges on **GoUSFchallenges.org** with opportunity to win prizes
- Up to \$100 reimbursement for one wellness event each year

STAY CONNECTED

gousf.usfca.edu

gousf@usfca.edu

(925) 212-1332

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