

# 2017 GoUSF CALENDAR

**JANUARY**

*Kickoff to Wellness*

GO START



**FEBRUARY**

*Physical Wellness*

GO MOVE



**MARCH**

*Financial Wellness*

GO SAVE



**APRIL**

*Environmental  
Wellness*

GO GREEN



**MAY**

*Intellectual Wellness*

GO WRITE



**JUNE**

*Family Wellness*

GO READ



**JULY**

*Nutritional Wellness*

GO NOURISH



**AUGUST**

*Social Wellness*

GO BOND



**SEPTEMBER**

*Community Wellness*

GO VOLUNTEER



**OCTOBER**

*Breast Cancer  
Wellness*

GO HOPE



**NOVEMBER**

*Spiritual Wellness*

GO RELAX



**DECEMBER**

*Healthy Holidays*

GO APPRECIATE



Visit [gousf.usfca.edu](http://gousf.usfca.edu) for more information.



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

## WHAT WE OFFER

- Lunchtime walks/runs
- 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

## STAY CONNECTED

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