



UNIVERSITY OF SOUTH CAROLINA  
FACULTY & STAFF

# FALL INTO WELLNESS CHALLENGE

**OCTOBER 4-31**

Join us for a four-week step challenge!  
You will set goals for yourself each week  
and track your steps. Participants will  
receive weekly emails with tips,  
encouragement, and an update on our  
leaderboard.

To register for the challenge, visit  
<https://tinyurl.com/FallIntoWellness2021>