

Passport to Well-Being

Participate in a workshop on June Wellness Calendar

Register for the Employee Well-Being Newsletter

Try a workout or explore the gym with your free gym pass

Participate in any group X class promoted on June Wellness Calendar

Walk your favorite part of campus on your own or join us for a Mindful Walk

Complete a **FREE** State Health Plan Screening

Register for the Employee Well-being Champion Information Session

Participate in a 2nd workshop on June Wellness Calendar

HOW TO PARTICIPATE

Complete at least 4 of the activities above during June for a chance to win! Initial activities yourself once you have completed them. You will have the opportunity to win a full month of a **free** gym membership, 6 **free** personal training sessions and wellness goodies. View the back of this passport for more information and where to submit your completed passport.

*Activities are on the June Employee Well-Being Calendar and may require registration



Employee Well-Being

UNIVERSITY OF SOUTH CAROLINA

PASSPORT TO WELL-BEING

What you can win!

Complete at least 6 activities to enter to win:

- **FREE** one month Gym membership
- **6 FREE** Personal Training Sessions
- **AND** a Wellness bag full of goodies

Gym membership and personal training sessions will expire in 1 year*

Where do I submit my completed passport?

Submit your passport by 7/14/25

- Completed passports must be submitted via email to thoma583@mailbox.sc.edu or in person at the employee well-being office located on the first floor in the Center for Health & Well-Being.
- The winner will be notified by email.

Enter to win here!

FIRST AND LAST NAME:

DEPARTMENT:

USC EMAIL:

PHONE NUMBER:

Questions

Contact us

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